WRITTEN JUST FOR YOU!

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The Art of Living Well is a State of Mind

Tours, International Town of Good Food in the Loire Valley

In 2013 the government established the network of International Towns/Cities of Good Food, duly awarding this status to Dijon, Lyon, Paris-Rungis and Tours. The association, “Tours Cité Internationale de la Gastronomie en Val de Loire”, ensured that in 2015, Touraine and the Loire Valley would become a three-star destination for the culture of eating well and living well. No wonder it’s considered to be a gourmet town.

Famous as the birthplace of French Renaissance writer and physician Rabelais, and formerly known as the “Jardins de la France”, Touraine also boasts many gourmet specialities: cured meats (pork rillettes and rillons, andouillettes sausages), poultry (the “géline” breed), foie gras, goats cheeses (of which five varieties have the Appellation d’Origine Protégée certification - Sainte-Maure-de-Touraine, Pouligny saint Pierre, Selles sur Cher, Chavignol et Valence), sweet products (prunes, barley sugars, macaroons, Tours nougat, fouace, etc.), Loire Valley fish (eel, eel, pike, perch...) garden produce, etc. Touraine is also a reputable wine-producing region with excellent whites (Vouvray, Montlouis-sur-Loire) and famous reds (Chinon, Bourgueil, Saint Nicolas-de-Bourgueil). To find out more about our produce visit www.touraineterroir.fr.

This art of living, which clearly justifies the label “International Town of Good Food”, manifests itself in the numerous experiences on offer that tantalise the taste buds: exploring wine cellars, Les Halles de Tours, tasting experiences, meetings, workshops, activities and art of living festivals, markets, unique picnics... and is present in all good-quality food.

Taste of Tours is a praiseworthy initiative for our region. This magazine offers a new and enlightened summary of all those who contribute to the local gourmet life. It allows you to see and meet the women and men who preserve traditional expertise, as well as those - who are sometimes the same ones - who are innovating and inventing. Whether you’re a Touraine resident or a tourist browsing through these pages before strolling around the streets of the town and the local area, you’ll get a complete introduction to all the flavours which are hidden in this charming corner of France.

Loïc Bienassis
University of Tours
Head of Mission of the European Institute for the History and Cultures of Food

For almost twenty years, the European Institute for the History and Cultures of Food (IEHCA) has been advocating that our food is a cultural heritage and has encouraged a better understanding of food cultures by the human sciences. The classification of the French gastronomic meal as a UNESCO World Heritage, which we initiated, illustrates this ambition. And it is this ambition that now unites the town of Tours, its local area and its university. It is now embodied in a unique place, the Villa Rabelais, the first cultural centre dedicated to gastronomy.

But the support we give to academic research can only be done by sharing the scientific culture with the general public. This is a mission that is reflected in particular by promoting gourmet resources in the Centre-Val de Loire and the Touraine regions. Taste of Tours fully responds to our vocation and we are happy to have been associated with the creation and design of this publication.

We are committed to the dynamism of the gastronomic resources of our beautiful town because it is a living heritage, that is to say, in this case, carried by the producers, artisans, chefs and all those who love good food... It is essential to salute their wonderful work and make them known. Taste of Tours is a praiseworthy initiative for our region. This magazine offers a new and enlightened summary of all those who contribute to the local gourmet life. It allows you to see and meet the women and men who preserve traditional expertise, as well as those - who are sometimes the same ones - who are innovating and inventing. Whether you’re a Touraine resident or a tourist browsing through these pages before strolling around the streets of the town and the local area, you’ll get a complete introduction to all the flavours which are hidden in this charming corner of France.

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FIND OUR MAGAZINE IN WWW.TOURS-TOURISME.FR
Goût de Tours/Good Tours brings you a selection of the best restaurants in Tours and the surrounding area, independently tested by our team of food journalists.

From Michelin starred restaurants to street bistros, and cuisine from all over the world, you can count on the chefs of Touraine to offer a wide range of high quality local produce, with a warm welcome to match. This list, however, extends to some of the more unusual places to eat, with a choice of tea rooms, street food stalls and wine bars also included. This is because the concept of great food is a moving feast not just to be found in traditional restaurants. Street food stalls, brunch cafés, food workshops and tapas bars are found in increasing numbers within the area, much to the pleasure of food lovers everywhere. We hope that you will find some fantastic dining experiences as a result of “top picks”...
IF YOU'D LIKE TO COME THROUGH

**TASTY MORSELS**

**COLBERT DISTRICT**

*La Petite Cuisine*
45, RUE VOLTAIRE
37000 TOURS
+33 (0)2 47 61 30 92
FROM MONDAY TO FRIDAY
12:00 - 2:30pm
THURSDAY
12:00 - 2:30pm
7:00pm - 10:00pm
PRICE = €16 to €20

*Le Shanti Shanti*
107, RUE COLBERT
37000 TOURS.
+33 (0)9 73 13 38 39
OPEN EVERYDAY
8:30am - 2:00pm
7:15pm - 9:15pm
PRICE = €10

*Le Saint-Honoré*
7, PLACE DES PETITES BOUCHERIES
37000 TOURS
+33 (0)2 47 61 93 82
FROM MONDAY TO FRIDAY
12:00 - 2:00pm
7:00pm to 9:30pm
PRICE = €15 to €37

*La Maison des Halles*
10, PLACE DES HALLES
37000 TOURS.
+33 (0)2 47 39 16 90
www.lamaisondestalles.com
FROM TUESDAY TO SATURDAY
12:00 - 2:00 pm
7:00pm to 10:00pm
PRICE = €20 to €38

**MAISON COLBERT**

*La Petite Cuisine*
45, RUE VOLTAIRE
37000 TOURS
+33 (0)2 47 61 30 92
FROM MONDAY TO FRIDAY
12:00 - 2:30pm
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PRICE = €15 to €37

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37000 TOURS.
+33 (0)2 47 39 16 90
www.lamaisondestalles.com
FROM TUESDAY TO SATURDAY
12:00 - 2:00 pm
7:00pm to 10:00pm
PRICE = €20 to €38

**BRETONNEAU**

*Les Bartavelles*
33, RUE COLBERT
37000 TOURS
+33 (0)2 47 61 14 07
www.bartavelles.fr
FROM TUESDAY TO SATURDAY
7:15pm - 9:30pm
PRICE = €28 to €69

*Au rendez-vous du botanique*
JARDIN BOTANIQUE DE TOURS
37000 TOURS
+33 (0)7 68 78 00 70
www.aurendezvousdubotanique.net
SUNDAY
2:00pm - 5:30pm
FROM TUESDAY TO SATURDAY
9:00am - 5:00pm
PRICE = €8

**HALLES - GRAND MARCHE - VICTOIRE**

*La L'Hédoniste*
16, RUE LAVOISIER
37000 TOURS
+33 (0)2 47 05 20 40
www.bistrotheodoniste.com
FROM TUESDAY TO SATURDAY
10:00am - 2:00pm
5:00pm - 9:45pm
PRICE = €19 to €28

*La L'Aordoise*
4, RUE BERTHELOT
37000 TOURS.
+33 (0)2 47 05 69 14
http://www.restaurantlardoisetours.com
FROM MONDAY TO SATURDAY
12:00 - 2:00 pm
7:15pm - 9:00pm
PRICE = €15 to €37

**VANNES**

*La Vannes*
26, RUE GEORGES COURTENAY
37000 TOURS
+33 (0)6 65 10 88 81
www.restaurantlaavanne.fr
FROM TUESDAY TO SATURDAY
7:00pm - 10:00pm
PRICE = €16

**From Tuesday to Saturday**

La Petite Cuisine
45, RUE VOLTAIRE
37000 TOURS
+33 (0)2 47 61 30 92
FROM MONDAY TO FRIDAY
12:00 - 2:30pm
THURSDAY
12:00 - 2:30pm
7:00pm - 10:00pm
PRICE = €16 to €20

Le Shanti Shanti
107, RUE COLBERT
37000 TOURS.
+33 (0)9 73 13 38 39
OPEN EVERYDAY
8:30am - 2:00pm
7:15pm - 9:15pm
PRICE = €10

La Petite Cuisine
A little treasure. Marie Paulay has moved just a few metres, to a more spacious, brighter place. In the centre of the dining room, there is always the table d’hôtes where the residents of Tours come to appreciate the simple, family and modern cuisine. Nicely decorated, a few more tables, or your can eat at the counter, facing the piano.

Le Shanti Shanti
A tranquil pause in this vegetarian-af-ancateen. Its name reveals its ambiance: panti (pronounced shanti) means tranquility and peace of the soul in Sanskrit. In the middle of the books, enjoy the thali of the day, an assortment of cleverly spiced dishes (salad, soup, lentil curry...), accompanied by a tea or lassi (fermented milk drink).

Le Saint-Honoré
7, PLACE DES PETITES BOUCHERIES
37000 TOURS
+33 (0)2 47 61 93 82
www.lesainthonore-tours.fr
FROM MONDAY TO FRIDAY
12:00 - 2:00pm
7:00pm to 9:30pm
PRICE = €15 to €37

Le Saint-Honoré
In the charming maze of streets around the cathedral you can find one of the town’s traditional restaurants. In line with the seasons, the menu gives pride of place to the French classics, with a touch of modernity here and there. It is particularly good during the hunting season. Excellent wine list, with a good range of Loire Valley vineyards.

L’Hédoniste
At the foot of the majestic Tours cathedral, a restaurant where you can enjoy a bistro menu that gives pride of place to often forgotten classics (pigs, beef cheek...). A reference for first-class natural wines, it serves live beverages too, which can also be enjoyed in the wine cellar.

L’Aordoise
Chef Didier Darry has been delighting Tours residents for decades. His latest offering is discreet, the 90s decor may not be much to look at, but the locals continue to come and eat well. The secret is in the home cooking, a modest bistro-style that gives pride of place to small dishes, including the traditional beuchelle tourangelle and even... a vegetarian option! A beautiful wine list to be enjoyed.

La Vannes
A great choice for lovers of Korean cuisine. The menu is short - a good sign - and the flavours are authentic. And worry if you don’t know much about Korean cooking, it can all be explained to you. Try one of the fermented rice drinks from the menu. A delightful, exotic experience.

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A great choice for lovers of Korean cuisine. The menu is short - a good sign - and the flavours are authentic. And worry if you don’t know much about Korean cooking, it can all be explained to you. Try one of the fermented rice drinks from the menu. A delightful, exotic experience.
**L'idée Hall**
47, RUE DE LA VICTOIRE
37000 TOURS.
+33 (0)1 87 16 92 29
FROM TUESDAY TO SATURDAY
12:00 - 1:45pm
7:00pm - 9:45pm
PRICE = €22 to €27

The hipster look of the chef and sommelier suggested pastrami and natural wine, but that’s far from reality. Here, not far from Les Halles, they serve a fine and careful bistro cuisine, accompanied by an excellent selection of wines of a rather classic style. The delicious vegetables come from the family garden. A little treasure.

**Le Court Circuit**
16, BIS PLACE DE LA VICTOIRE
37000 TOURS
07 68 78 00 70
courtcircuit-tours.fr
PRICE = €9

A lively place, well rooted in its region. Soups, salads and pies are made from local farm produce; beers, wines and soft drinks come from the region. But it’s more generally a meeting point for locals with its concerts, screenings-debates, DIY workshops or even shiat-su sessions.

**La Bonne Assiette**
75, RUE GEORGES COURTELINE
37000 TOURS
+33 (0)2 47 37 04 86
FROM TUESDAY TO SATURDAY
12:00 - 2:00pm
7:30pm - 11:00pm
PRICE = €15

La Bonne Assiette has a large Portuguese community and this restaurant is a bit of a landmark. Simple, popular cuisine, appreciated by families, workers, and students. Cod is naturally present on the menu, prepared in various ways, but the choice is, of course, not just limited to that. Very reasonable prices. Booking recommended.

**Chez Zein**
7, RUE DU COMMERCE
37000 TOURS
+33 (0)9 83 77 08 21
http://chez-zein.com
PRICE = €20

Perhaps the best falafel in the town? You can also try the hummus (chickpea puree), keftas (meatballs), aubergine caviar and a good pita bread. To enjoy comfortability sitting down or to take away. A friendly welcome, good, quick service. Very reasonable prices. Some tables outside.

**Le café Marcel**
4, PLACE PLUMEREAU
37000 TOURS
+33 (0)2 47 32 02 20
www.restaurant-marocain-tours.fr
FROM TUESDAY TO SATURDAY
10:00am - 2:00pm
6:00pm - 11:00pm
PRICE = €10

In the heart of the Veux Tours, Place Plumereau has a rhythm which flows through it from morning to night. The café Marcel has adopted this rhythm and is open for service throughout the day and evening: breakfast (brunch at the weekend, of course), lunch, snack, aperitif, after dinner cocktails… A short and careful menu, friendly service and modern décor.

**La Devalière**
18, RUE DE LA VICTOIRE
37000 TOURS
+33 (0)2 47 64 01 57
www.restaurant-devaliere.com
FROM MONDAY TO FRIDAY
12:00 - 1:30pm
7:15pm - 9:30pm
PRICE = €16 to €34

A breath of fresh air has blown through this Tours icon, located in a beautiful 16th century building, a little away from the Place Plumereau. While keeping loyal to their French roots, the dishes flirt with spices; they mix sweet and savoury, they reconstruct. Attentive service. Short wine list, predominantly Loire Valley wines.

**Au Café D’en Face**
21, PLACE DES HALLES
37000 TOURS
+33 (0)2 47 38 61 61
www.restaurant-d-en-face.com
FROM MONDAY TO FRIDAY
12:00 - 2:00pm
SUNDAY
12:00 - 2:00pm
PRICE = €7

Le Café d’en Face has a new name and a new owner. But, happily, the cooking and the atmosphere are just the same. It’s still a popular place, where local politicians, market traders, local employees, and groups of friends mix… There’s something to tickle your taste buds; too tartare, large salads, steak and chips… Generous portions at the right price.

**Le Barju**
15, RUE DU CHANGUER
37000 TOURS
+33 (0)2 47 64 01 57
www.barju.fr
FROM MONDAY TO THURSDAY
12:00 - 2:00pm
7:30pm - 9:30pm
FRIDAY AND SATURDAY
12:00 - 2:00pm
7:30pm - 10:00pm
SUNDAY
12:00 - 2:00pm
PRICE = €24 to €38

The Barju has been resyled, but remains a gourmet bistro where we can appreciate the delicacy of the dishes, whether they include high end ingredients or something more simple. Chef Julien Perrodin learned the trade alongside the greatest. A tasteful and welcoming setting, careful wine list and desserts that you shouldn’t miss.

**Le Bistro Édouard**
21, RUE DE LA MONNAIE
37000 TOURS
+33 (0)2 47 05 79 79
nobuki.fr
+33 (0)2 47 05 45 09
NOBUKI
3, RUE BUFFON
37000 TOURS
+33 (0)2 47 05 79 79
nobuki.fr
FROM MONDAY TO THURSDAY
12:00 - 2:00pm
12:00 - 3:00pm
7:00pm - 10:00pm
PRICE = €25

A restaurant with a refined decor that reminds us, if need be, that Japanese cuisine is not just maki-sushi-sashimi. The cooking is subtle, precise and respectful of the ingredients, the service impeccable, the love of a job well done is palpable in every detail. Short but beautiful list ofLoire wines and sakes.

**La Deuvalière**
18, RUE DE LA VICTOIRE
37000 TOURS
+33 (0)2 47 64 01 57
www.restaurant-devaliere.com
FROM MONDAY TO FRIDAY
12:00 - 1:30pm
7:15pm - 9:30pm
PRICE = €16 to €34

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7, RUE DU COMMERCE
37000 TOURS
+33 (0)9 83 77 08 21
http://chez-zein.com
PRICE = €20

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10:00am - 2:00pm
6:00pm - 11:00pm
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SUNDAY
12:00 - 2:00pm
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37000 TOURS
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www.barju.fr
FROM MONDAY TO THURSDAY
12:00 - 2:00pm
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12:00 - 2:00pm
PRICE = €24 to €38

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**IF YOU'D LIKE TO COME THROUGH**

**TOURS À TABLE**
34, AVENUE DE GRAMMONT
FROM TUESDAY TO SATURDAY
12:00 - 1:30pm
PRICE ≈ €12

**PARFUM CULTURE**
63, RUE BLAISE PASCAL
FROM TUESDAY TO SATURDAY
7:00pm - 11:00pm
PRICE €10 to €40

**AU MARTIN BLEU**
34, AVENUE DE GRAMMONT
FROM TUESDAY TO SATURDAY
12:00 - 1:30pm
PRICE €32

**CASSÉ-CAULLOUX**
26, RUE JEHAN FOQUET
FROM TUESDAY TO SATURDAY
7:00pm - 9:45pm
PRICE €26 to €67

**LA ROCHE LE ROY**
37210 ROCHECORBON
FROM TUESDAY TO FRIDAY
7:30pm - 9:00pm
PRICE €20

**LA MAISON TOURANGELLE**
37510 VILLANDRY
FROM TUESDAY TO FRIDAY
7:30pm - 9:00pm
PRICE €16 to €69

**TOURS URBAN AREA**

**LE XÉ DE LUYNES**
12, RUE DE LA RÉPUBLIQUE
37230 LUYNES
FROM WEDNESDAY TO SATURDAY
12:00 - 1:30pm
PRICE €16 to €69

**L'ÉTAPE GOURMANDE**
LA GIRAUDIÈRE
37150 VILLANDRY
OPEN EVERY DAY
12:00 - 2:30pm
7:30pm - 9:00pm
PRICE €20 to €43

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**NORTH TOURS**

**CHARLES BARRIER RESTAURANT**
101, AVENUE DE LA TRANCHEÉ
37000 TOURS
FROM MONDAY TO FRIDAY
12:00 - 2:00pm
7:30pm - 9:00pm
PRICE €22 to €69

**LE BISTROT DE LA TRANCHEÉ**
103, AVENUE DE LA TRANCHEÉ
37000 TOURS
FROM MONDAY TO SATURDAY
12:00 - 1:45pm
7:30pm - 9:00pm
PRICE €13

**LA MAISON TOURANGELLE**
37510 VILLANDRY
OPEN EVERY DAY
12:00 - 2:30pm
7:30pm - 9:00pm
PRICE €20 to €43

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**SOUTH TOURS**

**LA ROCHE LE ROY**
55, ROUTE DE SAINT-AVERTIN
37220 TOURS
FROM TUESDAY TO SATURDAY
12:00 - 1:15pm
7:00pm - 9:15pm
PRICE €35 to €75

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**IF YOU'D LIKE TO COME THROUGH**

**TOURS À TABLE**
45, RUE BERNARD PALISSY
37000 TOURS
+33 (0)6 62 86 99 10

**PARFUM CULTURE**
63, RUE BLAISE PASCAL
+33(0)2 47 05 13 66

**AU MARTIN BLEU**
34, AVENUE DE GRAMMONT
+33 (0)2 47 66 79 23

**CASSÉ-CAULLOUX**
26, RUE JEHAN FOQUET
+33 (0)2 47 61 60 64

**LA ROCHE LE ROY**
37210 ROCHECORBON
+33 (0)2 47 41 09 08

**LE XÉ DE LUYNES**
12, RUE DE LA RÉPUBLIQUE
37230 LUYNES
+33 (0)2 47 26 07 43

**L'ÉTAPE GOURMANDE**
LA GIRAUDIÈRE
37150 VILLANDRY
+33 (0)2 47 50 08 60

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**AU MARTIN BLEU**
A Tours icon. With a modern and elegant décor and a menu rooted in its region, that gives pride of place to freshwater fish: eel, pike-perch, mullet... With a little nostalgia, the menu also features salmon, unfortunately no longer found in the waters of the royal river. A wine list that highlights the Loire vineyard.

**CASSÉ-CAULLOUX**
Not an easy task to take on this legendary venue created by Patricia and Hervé Chartonneau, but Mathieu (in the kitchen) and Elodie (front of house) Laurodiene have taken up the challenge with enthusiasm! In a discreet and intimate setting, away from the tourist routes but close to the town centre, they serve bistro cuisine with a creative touch.

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**La Maison Tourangelle**
In the charming village of Savonnières, a beautiful building overlooking the Cher. Since 2004, Frédéric Arnault, who trained in fine restaurants, has been here. A pleasantly spicy menu with a touch of modernity. The dishes veer between standard and improvisation, creating a happy harmony. Shaded terrace on fine days.

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**Le Coin de Table**
Let’s get rid of the elephant in the room straight away: yes, Le Coin de Table is located right in the middle of a commercial zone. But, any problems end there. The dishes are based on beautiful market fresh produce prepared with experience. Very nice wine list at unbeatable prices. Booking recommended.

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**La Maison Tourangelle**
Located next to its big brother, the Charles Barrier, the Bistro de la Trancheé is the bistro version of the gourmet restaurant. You can enjoy the classics of this style of cooking (pige, calf’s head with gribiche sauce, pot au feu, coq au vin...), which is added, in the evening, a menu that plays with creativity. The wine list is to be enjoyed.
L’Atelier d’Olivier Arlot
55, Quai des MAISONS BLANCHES
37540 SAINT-CYR
+33 (0)2 47 73 18 63
FROM TUESDAY TO SATURDAY
12:00 - 2:00pm
7:00pm - 10:00pm
PRICE = €30

A child prodigy of Tours gastronomy, Olivier Arlot has, in recent years, turned to bistro cuisine, without giving up any of the precision and elegance in his dishes. In Saint-Cyr, in a simple, informal and bright setting, he serves a tasty, light menu with a twist on the traditional.

La Fleur de Sel
Located on one of the shopping streets in joué-lès-Tours, the Fleur de Sel is a refresher with a tidy and modern decoration. The dishes are very good, with good quality galettes with generous fillings. There is a wide choice. The crispies are also very tempting. Efficient, quick service. Interesting choice of ciders anderry.

Moka
74, Quai Sadi Carnot
37550 SAINT-AVERTIN
+33 (0)2 47 60 16 07
FROM WEDNESDAY TO SUNDAY
11:00am - 6:00pm
PRICE = €66

On the edge of the Lake of the River, Moka is an unmistakable place, between restaurant, tea room and Ali Baba’s cave. Homemade cooking features pies and savoury cakes, mixed salads, and sweet cakes. The dishes can be accompanied by cocktails, tea or chocolate in the old fashioned way. In fine weather, the terrace at the back of the old building is exquisite. Booking recommended.

La Fleur de Sel de Touraine
25 BIS, AVENUE DE LA RÉPUBLIQUE
37300 JOUÉ-LÈS-TOURS
+33 (0)2 47 67 58 09
FROM TUESDAY TO SATURDAY
12:00 - 2:00pm
7:15pm - 9:30pm
PRICE = €113

La Fleur de Sel de Touraine is a must restaurant in the historical city of Tours. The Fleur de Sel de Touraine is a shop where you can buy a large selection of wines from the Loire, including some very rare ones.

Vincent Cuisinier de campagne
19, RUE DE LA GALOTIÈRE
37140 INGRANDES
+33 (0)2 47 27 22 00
http://vintageculinariedecampagne.blogspot.fr/
FROM MONDAY TO SUNDAY
12:00 - 2:00pm
7:30pm - 9:30pm
PRICE = €25

In the heart of the vineyards, this pretty building houses a restaurant with the air of a table d’hôtes. With Olivia and Vincent Simon, we enjoy homemade seasonal cuisine that combines the fruits of their own labour (vegetables, poultry…) and those of neighbouring farmers. A beautiful wine list highlights the vineyards of the town and Bourgueil.

Les Gueules Noires
5, RUE DE MONTS
37360 SEMBLANÇAY
+33 (0)2 47 52 62 18
les-gueules-noires@orange.fr
FROM TUESDAY TO SUNDAY
12:00 - 2:00pm
12:00 - 1:30pm
7:00pm - 9:30pm
PRICE = €29 to €78

At Les Gueules Noires, in a pretty village in the Loire Valley, you will find a very pleasant restaurant. The atmosphere is pleasant and the food is very good. The wine list is excellent.

L’Évidence
1, RUE DE MONTS
37250 MONTBAZEN
+33 (0)2 47 06 06 67
FROM TUESDAY TO SATURDAY
11:00 - 6:00pm
SUNDAY 11:00 - 1:30pm
PRICE = €29 to €78

L’Évidence is a historic gastronomic address in Tours. The chef, Gaëtan Evrard, has in designing the menu, professional service which could benefit from being a little more relaxed. Beautiful wine list.

Moka
74, Quai Sadi Carnot
37550 SAINT-AVERTIN
+33 (0)2 47 60 16 07
FROM WEDNESDAY TO SUNDAY
11:00am - 6:00pm
PRICE = €66

Auberge de Port Vallières
188 D952
37230 FONDETTES
www.leshautesroches.com/le-restaurant
FROM TUESDAY TO SATURDAY
12:00 - 2:00pm
12:00 - 1:30pm
7:00pm - 9:30pm
PRICE ≈ €65 to €125

Auberge de Port Vallières is an establishment rich in over a century of history. This history is blended with that of the Bardet dynasty, part of the Tours gastronomic nobility. Alice Bardet takes care of the service, professional and welcoming. Her husband, Olivier Loize, breathes new life into traditional dishes.

Christophe Dagun and his wife Marielle own this restaurant that continues the gastronomic culture of the Rabelaisian town. A cuisine which gives pride of place to local traditions (freshwater fish, poire tatin, beurrehaut...) prepared with great care and without pretension. A family atmosphere and a professional welcome.

OUTSIDE THE URBAN AREA

La Mère Hamard
2, RUE DU PETIT BERCY
37320 SEMBLANÇAY
+33 (0)2 47 56 62 04
www.lamerememand.com
MONDAY AND TUESDAY
7:00pm - 9:30pm
FROM WEDNESDAY TO SATURDAY
7:00pm - 10:00pm
SUNDAY 7:00pm - 2:00pm
PRICE = €60

La Mère Hamard
37530 CHARGÉ
+33 (0)2 47 67 58 09
FROM WEDNESDAY TO SATURDAY
7:00pm - 9:00pm
SUNDAY
7:00pm - 1:15pm
PRICE = €24 to €32

La Fleur de Sel de Touraine is a must restaurant in the historical city of Tours. The Fleur de Sel de Touraine is a shop where you can buy a large selection of wines from the Loire, including some very rare ones.

La Fleur de Sel de Touraine
25 BIS, AVENUE DE LA RÉPUBLIQUE
37300 JOUÉ-LÈS-TOURS
+33 (0)2 47 67 58 09
FROM TUESDAY TO SATURDAY
12:00 - 2:00pm
7:15pm - 9:30pm
PRICE = €113

Les Gueules Noires
5, RUE DE MONTS
37360 SEMBLANÇAY
+33 (0)2 47 52 62 18
les-gueules-noires@orange.fr
FROM TUESDAY TO SUNDAY
12:00 - 2:00pm
12:00 - 1:30pm
7:00pm - 9:30pm
PRICE = €29 to €78
Since 1997, the 'Bib Gourmand' has revealed good French restaurants which offer a gastronomic experience for a reasonable price, a maximum of €33 for a complete menu with starter, main course and dessert. Preceding the famous Red Guide and its Michelin-starred restaurants by a few weeks, the Bib Gourmand selection, published by the Michelin Guide, is a keenly awaited event in the restaurant trade, and is also watched carefully by the Tours Creative City of Gastronomy in the Val de Loire Association, which sees within it a demonstration of the dynamism of a profession in perpetual mutation.

The “Bib”, a contraction of bibendum, the famous mascot of the tyre group, has unveiled a 2018 selection which has 45 names in the Centre-Val de Loire region, of which nearly half the restaurants are in Indre-et-Loire. This is the illustration of the evolution in the restaurant and gastronomy (or semi-gastronomy) sector in recent years, with the combined opening of several establishments in this range, which can be adapted to business meals as easily as to dinners with friends or family.

If by chance, you decide to set out to discover them, here is the list of the 21 names in the range, which can be adapted to business meals as easily as to dinners with friends or family.

To this distinction, we should not forget the 11 Michelin starred restaurants which complete the gastronomic range in the Centre – Val de Loire region:

**

Le Domaine des Hauts de Loire, Ouzun (Loir-et-Cher)

* Au 14 Février, in Saint-Valentin (Indre)
* Le Château de Pay, in Chargé (Indre-et-Loire)
* Du bon Labeur, in Chenonceaux (Indre-et-Loire)
* La Prunerie, in Pruniers (Indre-et-Loire)
* Les Hauts Roches, in Rochebonne (Indre-et-Loire)
* Petrus, in Verveine (Loir-et-Cher)
* L’Orangerie du Château, in Blois (Loir-et-Cher)
* Asta, in Blois (Loir-et-Cher)
* La Maison d'à Côté, in Montrichard (Loir-et-Cher)
* Le Grand Hôtel du Lion d’or, in Romorantin-Lanthenay (Loir-et-Cher)

The “Bib”, a contraction of bibendum, the famous mascot of the tyre group, has unveiled a 2018 selection which has 45 names in the Centre-Val de Loire region, of which nearly half the restaurants are in Indre-et-Loire. This is the illustration of the evolution in the restaurant and gastronomy (or semi-gastronomy) sector in recent years, with the combined opening of several establishments in this range, which can be adapted to business meals as easily as to dinners with friends or family.

If by chance, you decide to set out to discover them, here is the list of the 21 names in the department.

Ambouze - Le Lion d’Or
Auzy-le-Ridet - L’Aigle d’Or
Auzy-le-Ridet - Auberge Port-Poire
Blénot - La Boulaye
Chéday - Le clos aux Roses
Chinon - Au Chapeau Rouge
Chinon - L'Oréade
Chinon - Auberge du Chenal Rouge
Fondettes - Auberge de Port Vallières
Le Bouchard - Auberge de l’Exe
Langres - Au Ciel des Halles

Lugny - Le 38 de Lugny
Mons - Au Carrousel des Saumurs
Neuillé-le-Lierre - Auberge de la Brenne
Saumur - La Maison Tourangelaine
Tours - Au Lapin qui Fume
Tours - Le Bistrot de la Tranche
Tours - Le Cerf Jaune
Tours - Le Saint-Honoré
Parcy-le-Meslay - L'Arche de Meslay
Saint-Cyr-sur-Loire - L’Atelier d'Olivier Arlot

In December 2016, Maximilien Bridier took over the La Roche Le Roy restaurant in Tours, an iconic establishment, run for thirty years by Michelin-starred chef Alain Couturier. This young passionate chef, who aims to soon win his own star, is back in the game.

Returning to France at the age of 19, he spent a month in a bakery in his hometown to learn the secrets of bread making. He then continued his journey in a Michelin-starred restaurant in Burgundy, spent four years in Switzerland where he was involved in the opening of a hotel-restaurant, and travelled with his partner to explore Australia, Indonesia, New Zealand and the United States. Back in France, Maximilien Bridier decided to start looking for his own establishment between Tours and Orleans. This is how he seized the opportunity to take over La Roche Le Roy in Tours in December 2016, a former 18th century manor and a Michelin restaurant since 1989. "I didn’t want to take on a star," says Maximilien Bridier. "But I had fallen in love with the place, and I liked the traditional cuisine of the former chef, Alain Couturier," he adds.

His goal is to continue to work with the current team, to promote the seasonality of the à la carte produce, to meet as many local producers as possible, and... to get his own star in the short term. It seems like he has already achieved most of this goal because Maximilien Bridier managed to employ two additional employees in the first year, and redo some works in the restaurant. À la carte local and seasonal produce is in the spotlight, and the establishment is still very popular with Tours residents.

In December 2016, Maximilien Bridier took over the La Roche Le Roy restaurant in Tours, an iconic establishment, run for thirty years by Michelin-starred chef Alain Couturier. This young passionate chef, who aims to soon win his own star, is back in the game.

Originally from Loir et Cher, Maximilien Bridier found himself in the world of cooking by chance, to avoid remaining bored at school. His competitive spirit saw him train with great stars early on. So, he learned the trade alongside Jean-Marc Molèves, at the Orangerie du Château in Blois (41), and then Bernard Robin at the Relais de Bracieux (41). With his vocational training certificate in hand, he passed the Professional Certificate in 2009, coming first in his year, and won two cooking competitions. The young man decided to leave France for the south of England to perfect his English. In under a year, he became chef at a gourmet restaurant and was recognised in a British guide.
Faced with the weekend ritual that we all love so much, we often ask ourselves the same question: where to go for brunch in Tours, to make the most of a Sunday? We have sampled the menus of the main Sunday restaurants, and, between culture and travel... believe us, lovers of food are in for a treat!

Le café contemporain CCCOD
Because culture feeds the spirit, but also our stomachs, the CCCOD (Centre de Création Contemporaine Olivier Debré) has come up with a concept to transform our Sundays. In its café, brunch is served on Sundays from 11.30am until 5pm, comprising: granola, fresh fruit salad, Charles Do Vale coffee... all organic and locally-sourced. In terms of juice, you’ll be spoilt for choice between: Detox, Alkaline or Energy. The décor itself complements the food served: enjoy eating whilst contemplating the work of art in the middle of the café - a vessel sailing in an oily sea of black by Norwegian artist Per Barcley. We’ve certainly seen worse!

Quand Julie Pâtisse
In the heart of the Jardin des Prébendes, Julie’s little kiosk serves home-made brunches that are hearty and satisfying between 11.30am and 3pm. Adults and children alike will take pleasure in eating there: granola, pancakes, cured meats and local cheeses, fondant crumble and chocolate cream made with love... Don’t forget to reserve your table on 02 47 20 14 46 Your wallet will be equally pleased with brunch costing just €17.50 for adults and €10 for kids.

El Cafecito
Let’s travel, and not just a short distance! Set a course for Guatemala and a warm welcome. You will feel immediately at ease. Every Sunday, from 11am to 3pm, the ambience is cosy, and the food served is copious and delicious; black beans (frijoles), omelettes, plantain bananas, bacon, all accompanied with traditional pancakes, fresh fruit juice and hot drinks. Your taste buds will be tantalised, your ears won’t be neglected, and your wallet won’t suffer. €15 for an all-inclusive brunch. This is how to enjoy a leisurely Sunday.

Your international expert
Sandra PORCELLI | Phone: 00 33 247 39 84 72 | GSM: 00 33 679 30 59 43 | Email: Sandra.porcelli@ca-tourainepoitou.fr

20 relationship managers
4 corporate branches
85 000 transactions processed in 2017 in 90 countries

WWW.TOURS-TOURISME.FR
COOKING COURSES IN TOURS

LEARN HOW TO COOK IN TOURS

Juliette Camatta – La cuisine autrement
In a magical setting, come and cook local, seasonal produce with a chef who is passionate and a good teacher.
Contact: 45 rue Bernard Palissy – 37000 TOURS +33 (0)2 34 53 44 46 · contact@juliette-camatta.com

Quand Julie Pâtisse – L’atelier
In the heart of the Jardin des Prébendes in Tours, in a bewitching setting, learn to bake and cook mainly local produce, for adults, families or children, everything is possible.
Contact: Jardin des Prébendes Chef – 37000 TOURS +33 (0)2 47 20 14 46 · quandjuliapatisse@outlook.fr

Un Arôme 2 chefs
These two chefs will teach you their tips and hints to make cooking easier. Adults or children, there’s something for everyone.
Contact: Jardin des Prébendes Chef – 37000 TOURS +33 (0)9 83 53 02 69 · contact@unarome2chefs.com

Cook and Go
Learn how to cook in a pleasant setting and, above all, how to cook for the number of people that you want. You can then take your dish home for lunch or dinner.
Contact: 30 rue de la Commune – 37000 TOURS +33 (0)2 47 27 22 10

Zodio
This establishment’s name means ‘house’ in Greek. Their chef will guide you as you learn how to use the produce from their shop and will give you the recipes and sweet and savoury advice. Children are welcome.
Contact: 213-215 Avenue du Grand Sud 37170 CHAMBRAY LES TOURS +33 (0)2 47 20 14 46 · caroline@toursatable.fr

In a magical setting, come and cook local, seasonal produce with a chef who is passionate and a good teacher.

Tours à table
Open since 2005 in the town centre of Tours, this establishment offers baking, cooking, and wine classes. There are also packages suitable for children. Their courses are available in the Touraine Box.
Contact: 45 rue Bernard Palissy – 37000 TOURS +33 (0)2 34 53 44 46 · contact@toursatable.fr

IF YOU’D LIKE TO COOK

TO COOK
contact@juliette-camatta.com

COME THROUGH
WWW.TOURS-TOURISME.FR

CHEF’S RECIPES

1 SCALLOPS AND SQUID, ANISEED AND TOASTED BREAD EMULSION BY MAXIMILIEN BRIDIER, LA ROCHE LE ROY

For 4 people:
- 12 scallops
- 8 squid bodies
- 2 fennel bulbs
- Squid ink to taste
- Stale bread
- Ricard to taste
- ¾ litre of milk
- 1 onion
- Thyme

PREPARATION
- Finely chop the fennel, using a mandolin. Sweat the fennel gently in a pan until it is steamed through. Season with a pinch of salt and half a capful of Ricard, set aside.
- Open and clean the scallops and wash the squid.
- For the sauce, brown 100g of bread under the grill; it needs to be burnt, but not too much or the sauce will be bitter.
- Sweat the thinly sliced onions in a pan, with a knob of butter. Add the burnt bread and the thyme.
- Cook until all the liquid has been absorbed and flambe with two capfuls of Ricard.
- Add with milk and cook for 15 minutes.
- Mix, strain through muslin, adjust the seasoning, the salt, pepper and Ricard, to taste.
- In a hot frying pan quickly cook the scallops and squid bodies on both sides, with olive oil.
- Serve on a bed of hot fennel with the sauce.

To make:
- Open and clean the scallops and wash the squid.
- Finely chop the fennel, using a mandolin. Sweat the fennel gently in a pan until it is steamed through. Season with a pinch of salt and half a capful of Ricard, set aside.
- Open and clean the scallops and wash the squid.
- Sweat the thinly sliced onions in a pan, with a knob of butter. Add the burnt bread and the thyme.
- Cook until all the liquid has been absorbed and flambe with two capfuls of Ricard.
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- In a hot frying pan quickly cook the scallops and squid bodies on both sides, with olive oil.
- Serve on a bed of hot fennel with the sauce.

2 LEMON, BASIL AND RASPBERRY TART BY MICHEL CAILLEAUX OF ESPRIT CACAO

LEMON BASIL CREAM:
- 165g of butter, 65g of sugar, 110g of lemon juice, 1 zest of lemon, 120g of eggs, 65g of sugar, 6g of basil leaf.

BLEND:
- 110g egg white, 200g sugar.

Mix the egg whites and sugar until the mixture becomes white. Add the eggs and sugar to the pan and bring to the boil. Add the finely chopped basil and mix before cooking.

MERINGUE:
- 165g of butter, 65g of sugar, 110g of lemon juice, 1 zest of lemon, 120g of eggs, 65g of sugar, 6g of basil leaf.

Boil the butter, sugar, lemon zest and lemon juice. Whisk the egg yolks and sugar until the mixture becomes white. Add the eggs and sugar to the pan and bring to the boil. Add the finely chopped basil and mix before cooking.

MERINGUE:
- 165g of butter, 65g of sugar, 110g of lemon juice, 1 zest of lemon, 120g of eggs, 65g of sugar, 6g of basil leaf.

Place the almond cream and meringue on a dish.

LEMON, BASIL AND RASPBERRY TART BY MICHEL CAILLEAUX OF ESPRIT CACAO

Recipe by Michel Cailleaux

WWW.TOURS-TOURISME.FR
FOOD TRUCKERS

SELECTION OF FOOD TRUCKS

Whether you are in a hurry in the office, or want to eat quietly in a park in the sun, food trucks are a great idea for a different way to eat. Street food has arrived in Tours, and now we can’t live without it. More than a matter of time, it is also, and mainly, a matter of taste. From every horizon, but with fresh, local produce, the dishes served in these nomadic restaurants will delight everyone’s taste buds.

Lebanese Amal Béna - Aïda

Behind his nomadic counter, Amal Béna is busy preparing delicious Lebanese dishes from such as falafels, mezze... Local producers, fresh produce, we have to recommend this gourmet break, which allows our tastebuds to travel. And what more can I say, when the welcome is so warm? Find Amal every Thursday from 11:00am to 6:00pm, Place Jean Jaurès, and on Mondays in front of the Nouvelle République in Tours. Fridays, it’s Vendôme, and Saturday, Blois.

Tel.: +33 (0)6 65 94 84 50

LeBold’ Gourmand

Whether you need a breath of Breton air, or a charming smile at the lunchtime, you can be sure of both from Mireille, who prepares us beautiful Breton pancakes, made from fresh, seasonal produce. With vegetarian and gluten-free options, it’s a definite recommendation. Homemade dishes of the day, which are always in keeping with the season, are also available. And we haven’t even mentioned the sweet pancakes...

Find Mireille in front of MAME every Wednesday lunchtime. Between €6.50 and €10 for a meal.

Tel.: +33 (0)6 50 07 20 79

Cuisine d’Ana

Anabela works in her pretty food truck serving us delicious dishes of the day, quiches and salads, made with love, and fresh produce. The dishes are varied, all of a superb quality. You can find Ana in front of MAME, at the Botanical Garden, at the Boulevard Béranger flea market, and even in Montbazon. Follow all her movements on her Facebook page ‘La cuisine d’Ana’.

Tel.: +33 (0)6 75 57 39 37

Perfect Day for a picnic

You’ve decided to go for a picnic with your family or friends, but you’ve got nothing prepared? For those who don’t want to bother with the preparations, there is the turnkey package for a complete picnic.

Tours à Table, cooking workshop

All-year round, from 10 to 12 euros per person, Tours à table supplies picnic baskets. You will have the choice between a duo or quatro package. And for those who appreciate the finer things, there’s a gourmet package. A completely homemade, fresh and local picnic. It is composed of salads, vegetable cake, rillette, fish terrine, sweet treat (financier or chocolate square), fruit (fresh or compotes), bread and drink (juice and alcoholic drinks extra).

For more information, visit www.tourstable.com
To order, call +33 (0)6 62 86 89 30
45, rue Bernard Palissy, à Tours.

La Balade Gourmande, delicatessen and on line sales

Specialist in produce from the Loire Valley, you will surely find what something tempting from the wide choice. Their philosophy, to have a direct relationship with the producers and to find products with no artificial flavours or colouring.

It’s up to you what you choose to go into your picnic basket. Savoury: pork terrine and rillette, game, poultry or fish, or a goat’s cheese puff. Sweet: macaroons, shortbread, or poires tapées. Accompany your meal with a bottle of Loire wine, a red Amboise or Bourgueil, a mellow Vouvray, or a rosé from Azy Le Rideau.

For the undecided, mixed boxes are available. Supplied with cases or small cases, depending on the format. Variable price between €25 and €100.

For more information, call +33 (0)2 47 75 17 65
To order, visit labaladegourmande.com
22, place du Grand Marché, à Tours.

La Maison Clément, delicatessen and wine cellar in the heart of the covered market

Last year, the Clément brothers launched picnic baskets for 2 or 4 people. Crockery is provided, including a corkscrew. You will leave with a wicker basket, made in Villaine-lès-Rochers.

For beautiful days, two packages are available (product list from 2017, 2018 list not yet available). For 2 people, the cost is €29.00 and for 4 people, €34.90.

Package 1: duck sausage with foie gras, Fabrice Dallais terrine, baguette, bottle of Trinqu’âme wine.

Package 2: serrano ham, cream of carrot with spices, duck rillette, chick pea paste, bottle of Bourgueil, a mellow Vouvray, or a rosé from Azay Le Rideau.

It’s up to you what you choose to go into your picnic basket. Savoury: pork terrine and rillette, game, poultry or fish, or a goat’s cheese puff. Sweet: macaroons, shortbread, or poires tapées. Accompany your meal with a bottle of Loire wine, a red Amboise or Bourgueil, a mellow Vouvray, or a rosé from Azy Le Rideau.

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For more information, visit www.toursatable.com
To order, call: +33 (0)2 47 75 11 65
23, place du Grand Marché, à Tours.

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Package 1: duck sausage with foie gras, Fabrice Dallais terrine, baguette, bottle of Trinqu’âme wine.

Package 2: serrano ham, cream of carrot with spices, duck rillette, chick pea paste, baguette, bottle of Chinon.

The Maison Clément’s individuality comes from its foie gras production. A wide range of duck and goose products are developed in their laboratory in Ballan-Miré.

For more information, visit www.toursatable.com
To order, call: +33 (0)2 47 75 11 65
23, place du Grand Marché, à Tours.

WWW.TOURS-TOURISME.FR
At the entrance, we see them without really noticing them. They’re the gastronomic labels which adorn the restaurants in our beautiful region. Committed to the restaurant trade, the Tours Creative City of Gastronomy in the Val de Loire association gives you some guidance in reading between the lines, for a better understanding of the labels which appear in these establishments.

**FINDING YOUR WAY AROUND**

**Maitres restaurateurs**
Created in 2010 by the government, the Association Française des Maitres Restaurateurs [the French Association of Master Restaurateurs] guarantees ‘quality cooking’ and certifies that dishes are ‘homemade’. Over 3900 restaurants in France have received this award.

**Eurotoques**
For over 30 years, the Euro-Toque association, (created, among others, by Paul Bocuse) and its 2000 European chefs, including 220 in France, place product quality at the centre of the work in the kitchen.

**J.R.E.**
The association of Jeunes Restaurateurs Européens [Young European Restaurateurs] has been sponsored by twice three starred chef Yannick Alléno since March 2017. 360 members, 16 countries, 180 Michelin stars. A respect for traditions and the prioritising of local produce are the key elements for these young chefs, under 45 years old.

**Restaurant de qualité, the label of the Grands Chefs**
Michelin-starred chefs, figureheads in French culinary heritage, are also on the rise. On 8th April 2013, Restaurant de qualité was created, a label recognised and initiated by the Culinary College of France, a body co-chaired by Alain Ducasse and Joel Robuchon.

**Relais & Château**
Very well known, the golden fleur de lys is synonymous with beauty and great luxury. Since 1954, the association of 550 ‘exceptional hotels and restaurants’ has been seen throughout the world.

**Mof**
Here, it is the Chef’s excellence that is highlighted. It involves an extremely difficult contest that may require two to three years of preparation. Cooks who are awarded the title of Meilleur Ouvrier de France are respected both from a professional point of view and by the general public.

**Table remarquable (Château and Hotel Collection)**
Chaired by Alain Ducasse, the table remarquable label celebrated its 40th anniversary in 2015 and maintains a desire to discover or rediscover inventive and authentic cuisine. It celebrates individual, contemporary and popular cooking.

**Label fait maison [Homemade Label]**
Created in 2014, this very popular label is awarded to restaurants who make a lot of things on site. It could be a motorway services or a bistro in a square.

**Restaurateurs de France, a Nationally Recognised Label**
Restaurateurs de France is an official label recognised in 1999 by the government, or more specifically by the Ministry of Tourism. Created by restaurant owners wishing to promote French culinary heritage, this label focuses on promoting traditional French cuisine and local produce.

And according to a local saying “the heart of Tours beats at Les Halles”.

Delicatessens, pork butchers, fresh grocers, cheesemongers, butchers, bakers, fishmongers, pastry chefs, roasters, restaurants, chocolate makers… At Les Halles de Tours, there is everything to prepare the world-famous “gastronomic meal of the French”, listed in 2010 by the Unesco as part of the Intangible Cultural Heritage. Including this really intangible item: the pleasure to rummage through the stalls to find your ingredients in a unique friendly atmosphere, before going back home to cook and prepare your table.

A genuine pearl of the local heritage, les Halles de Tours are an unmissable crossroads where different generations and social classes mix everyday, from regulars to (gourmet) birds of passage, from experienced cooks to lovers of tasty and fresh high-quality ready-made food.

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In the heart of the Loire Valley, a UNESCO World Heritage Site of Humanity and 3rd largest vineyard of France with regards to PDO, the Touraine vineyard offers a wide variety of appellations and styles of wine to delight all palates.

First of all, the Touraine appellation has its regional roots in over 15 centuries of tradition. It comes in white wines (including the famous Touraine sauvignon), in fruity red wines, from the gamay grape variety or blends, in dry, fresh rosé wines, sometimes with spicy notes and also fine sparkling wines with delicate bouquets. Beyond the regional appellation, more denominations are characterised by a more limited geographical identity and defined grape varieties: Touraine-Amboise, Touraine-Azay-Le-Rideau, Touraine-Chenonceaux, Touraine-Mesland and Touraine-Oisly. The link to the heritage and the Loire châteaux is never very far from this region’s way of life and gastronomy. We don’t call it Touraine, Garden of France for nothing.

A point of interest, to the south of Tours, the recognition of a PDO comes from a production dating back to King Louis XI, who had the Touraine Noble-Joué on his table. Its main originality lies in the fact that it is a grey wine from a subtle blend of 3 Pinot grape varieties: the Pinot Meunier, Pinot Gris and Pinot Noir. Other famous names are the jewels of Touraine, such as Vouvray, made from the chenin grape and vinified in dry, semi-dry, mellow or even in fine bubbles. Let’s also mention the reds, Chinon or Saint Nicolas de Bourgueil PDO, from the cabernet franc grape variety. This palette of flavours allows multiple food and wine pairings, combining local recipes or French gastronomy, or an aperitif on the terrace or a picnic on the banks of the Loire.
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MARCH 2015, Quebec’s Emilie Riopel opened La Cabane à Vin in Chinon, associated with the winemaker Matthieu Baudry. This cellar and wine bar with its organic and natural leanings has a range of around 200 bottles, two-thirds of which come from the Loire Valley.

Emilie Riopel, what did you think of Touraine wines when you lived in Quebec?

I immediately liked the freshness of Loire wines, Chenin blanc, Gamay or Pineau d’Aunis. We drank these rather light wines at the end of service when I worked in restaurants in Montreal. On the other hand, I hated Cabernet Franc, too predictable It is true that for the North American palate, people who often like roundness and sweetness, the cabernet franc is difficult to understand with its complex botanical and tannic notes. Today I couldn’t do without it, and I know how to introduce it to people, connoisseurs or not.

Matthieu Baudry, what were your motivations for working with your father in the Chinon appellation, after your experiences abroad?

I was born in that setting and did not have enough perspective at the time to see the wealth in this land. My experiences in other regions (Mâcon, Bordeaux) and abroad (Tasmania, California) allowed me to come back in 2000 with a new view and a greater comprehension. I became aware of the privilege I had to be working on the family estate. Since 2016, I have been the representative of a PDO Chinon committee which values the singularities of certain localities in the appellation, shared by several winemakers, such as the Croix Boisnée in Cravant-les-coteaux, the Picasses in Chinon, or Pointevinière in Panzoult.

Could you describe in a few words the Loire Valley appellations that are important to you?

Emilie Riopel: The Chinon appellation represents a third of my Loire Valley selection in the shop. I like Cravant-les-coteaux with my husband (winemaker Yves Plaisant), and it is in this village that we find the greatest concentration of winemakers of the appellation. The Chinon wines have a lot of character, they’re marked by the terroir. The reds (Cabernet Franc) are powerful but with soft tannins, freshness and fruit. And a great minerality for whites (Chenin). I also like the Cour Cheverny appellation (41), with its limited surface area of 60 hectares. The Romorantin grape variety is very complex and aromatic, with an acidity but roundness, full and floral in the mouth. It reminds me of old Muscadets, I often recommend it with foie gras. But it’s also a perfect accompaniment for shell fish, so it’s perfect for New Year celebrations.

Matthieu Baudry: I’m a fan of Vouvray, 100% Chenin, in all its different forms: sec, demi-sec, liqueur sparkling. The reputation of Vouvray is well established, but the renaissance continues thanks to young, dynamic winemakers and more small-scale domains, as in the Monlouis appellation. I also love the Muscadet, a little further away in the Loire Valley. The appellation has long suffered from a few viticultural errors, but it is a very beautiful terroir, I particularly appreciate the good quality/price ratio of these wines, which are digestible and age well.
FOCUS ON LOCAL PRODUCE

Touraine can pride itself on having many gourmet specialities: cold meats, poultry, cheeses and delicacies for the sweet tooth. A short tour of some of the local mouth watering produce...

**The Touraine Goose**

With its beautiful white plumage, its light blue eyes and its yellowy-orange beak, the Touraine Goose is a top model in the anatidae family, with an air of its cousin, the swan. This old bird, is quite robust and non-aggressive. It is often said that the goose has a volatile character; the Touraine goose, on the other hand, has a rather warm temperament (especially in the oven!). Roast goose is usually eaten at Christmas time, but this tender and delicate poultry can be eaten all year round, during the grape harvest, or on Saint Martin’s day (November 11th) as tradition dictates. The legend says that Martin of Tours, not wishing to be elected bishop at the request of the people of Tours, hid among the geese. But he was quickly unmasked because of the all the noise from the poultry. Today, there are few breeders of Touraine geese. Some, like Christine Boisquillon, (‘History of Geese’ in Sainte-Maure-de-Touraine), leads a real fight to get its taste recognised and to preserve the species, like the Touraine grouse and grey rabbit.

**Poire tapée**

Did you know, in Rivarennes, close to Azay-le-Rideau, fruit is badly treated! They smack the pears! In this village, at the edge of the Indre, bicentennial pear trees produce fruit that are then dehydrated and flattened for long-term preservation. We call them poires tapées. This ancestral technique was revived in the 1980s in Rivarennes. The fruits are harvested at the end of the summer then peeled, and heated for several days in a wood oven on racks. When dried, the pears are then flattened with the aid of a torture instrument: the platissoire. Formerly eaten as dried fruit, they are now enjoyed in sugar syrup, Loire wine, brandy or Hypocras (a blend of wine, spices and honey). They can also be combined with savoury dishes, terrines or an accompaniment to meat. Two artisans welcome you to Rivarennes to discover this speciality: the Maison Hérin and the Blot family (‘Queens of Touraine’). A museum is even devoted to it. This ‘beautiful Tourangelle’ is also available in many delicatessens.

**Ste-Maure de Touraine**

The Ste-Maure de Touraine PDO, made with whole goat’s milk, is an uncooked soft cheese. Its has an average weight of 250g, a length of 16-17cm. Its other peculiarities are a fine, bluish ash dusting, and a pure white heart, crossed by a rye straw engraved with the producer’s identification number. This goat’s cheese origins are in the 8th century. Its name comes from the town of ‘Sainte-Maure de Touraine’, one of the main border towns between Touraine and Poitou. Arab women (Moors), who had been abandoned in the region following the defeat of the Battle of Poitiers, would have taught the local population to prepare this speciality. The Ste-Maure de Touraine PDO is produced on some farms in the Tours region (eg: Le Vazereau in La Roche-Clermont) as well as in artisan or industrial dairies (eg: La Cloche d’Or in Pont-de-Ruan.) Other producers do not have the label, but produce cheeses which are just as easy to eat, such as the Ferme du Cabri au Lait, which favours organic production and goat are raised in pastures. According to custom, it is necessary to start cutting the log at its biggest end, otherwise the goat whose milk made the cheese will not give any more!

**Saffron and Truffles**

Saffron is obtained from the crocus sativus. This purplish blue flower is harvested from October to November. The pruning (removal of the pistil) is done directly by hand, to recover the three red stigmas that will become saffron once dehydrated. The ‘red gold’, known as far back as the Middle Ages, was produced in France, unlike other spices. In the 18th century, its production declined considerably, it then reappeared in the 1980s, especially in the Tours region. The Touraine Saffron Producers Association, created in 2005, now has some thirty members, such as Valérie Raineau Boucher in La Tour St Gélin, or Alain Gaudain in Ste-Maure de Touraine. Another exceptional product is the Touraine truffle. Tuber Melanosporum was cultivated in the Touraine as early as the 18th century, particularly around Richelieu, where the soil and climate were conducive to the development of this mushroom flower. The revival of truffle farming began in the 1970s in the region, and today there are nearly 400ha devoted to truffle culture in Touraine. The ‘black diamond’ is sold at the many truffle markets in winter, especially in Marigny-Marmande. It is also celebrated in various local truffle festivals, in Tours or Chinon, for example.

**Sainte-Maure de Touraine**

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Tours Nougat

Tours nougat is not, as its name suggests, like the egg white, honey and nut confectionery that we know. It is a travel cake made of sweet pastry and almond macaroni, garnished with candied fruits and apricot jam. It was invented at the beginning of the 16th century, when Leonardo da Vinci, a great lover of almonds and candied fruits, lived in Touraine, in Amboise. Its manufacture came back into fashion in the 1990s in the Tours region, thanks to the Michelin starred restaurateur, Charles Barrier, whose version was proclaimed the official recipe in 1998 by The Confrérie Gourmande des Amateurs d'Andouillette Authentique.

Andouillette

Andouillette is cooked sausage, based on the digestive tract of pork, seasoned with salt, pepper, and a mixture of spices. Unlike andouilletes, andouillettes are never smoked. It is traditionally prepared on a rope (or string) in Touraine, that is to say that the casing, inserted on the side of the rope, is pulled like a sock and unrolled through the length of the preparation. In Touraine, it is often cooked in a court-bouillon with Vouvray wine. The Hardouin company in Vouvray has the distinction of the ‘5A’ diploma awarded by the Association Amicales des Tourangeaux.

Andouillettes are rooted in the gastronomic heritage of Tours, such as Didier Arneult at Île Bouchard or the charcuterie Fessard des Amateurs d’Andouillette Authentique. But other artisan-charcutiers also prepare this recipe, such as Nicolas Léger in Tours, Didier Gourreau in Joué-lès-Tours, Eric Gauvreau in Amboise, or La Tour de l’Horloge in Chinon.

Thierry Bouvet, a geographer by training and then Emmaus community leader, has, since 2014, been a professional fisherman on the Montlouis-sur-Loire side. He owes this conversion to his desire to work on the last wild river in France, and to promote local fishing. He met Philippe Boisneau, a scientist specialising in aquatic ecology, and began his life as a professional fisherman near Amboise in 1994. After a day of fishing together, Thierry Bouvet was hooked and confirmed his choice. Thierry Bouvet’s primary motivation is to preserve the Loire, which he considers a precious but fragile environment. “If the river is sick, the tourist image collapses: fishing, but also vineyards and châteaux,” he confides.

The ‘Royal River’ is suffering from the impacts of climate change. Thierry Bouvet advocates a peaceful and respectful joint use of the water, for fishermen, sailors, kayakers and others. Thierry Bouvet sells a portion of his fish to local restaurateurs and also produces some specialities such as smoked wild catfish fillets, wild fish fritters from the Loire, and even bottarga (salted, dried mullet egg bag, traditionally found in Mediterranean countries).

His ambition today is to reintroduce garum, a lacto-fermented fish sauce with Roman origins. This Nuoc-mam Tourangeau is part of a desire to create a simple and clean transformed product. This condiment was prepared with tuna or other plentiful local fish (anchovies, sardines). Thierry Bouvet is currently developing the project with fish from the Loire, such as carp or catfish (a historical nest to St Martin of Tours, a son of Panorie, who, according to Thierry Bouvet, probably enhanced his catfish feeding, the emblematic fish of the Danube). Still on the left bank and a little further south of Tours, in Bréhémont, Romain Gadas has also been working as a fisherman on the Loire since 2014. Holder of a BTS qualification in water management and control, a DUT qualification in environmental engineering and a Masters in the ecology of aquatic environments, this son of a winemaker has used his training for the benefit of his passion, fishing.

The Loire is part of the public domain river, he is the tenant of 346m (or 1000 ha of surface area) which he works alone, between Fondettes and Rigny-Ussé. “The river is my work tool, but it’s also good for me,” says the 29-year-old. Like Thierry Bouvet, he advocates responsible and artisan fishing.

The equipment used is ‘passive’, that is to say, not towed. It is the movement of fish that leads them into the trap. The foudraie (local name) is the iconic equipment on the banks of the Loire, originally made in hemp (nowadays nylon) with wicker frames (hemp and wicker are, respectively, the flagship trades in Bréhémont and its neighbouring village Villaines-les-Rochers). To round off his activity, Romain Gadas also dons a chef’s hat to prepare the produce that he sells in his workshop ‘Pêcheries ligériennes’.

Thierry Bouvet, he advocates responsible and artisan fishing.

Fishing in the Loire

While fish are swimming smoothly along the Loire, a UNESCO World Heritage Site, a handful of professional fishermen work every day on this long river, which is not always quiet. Four professionals fishermen live in Indre-et-Loire: Philippe Boisneau, Thierry Bouvet, Nicolas Herault and Romain Gadas. We meet two of these passionate fishermen on the water between Amboise and Rigny-Ussé...
Since 1998 in Tours covered market (Les Halles), and at many markets of Indre-et-Loire, Franol Bourdeau has been selling meat that would even make a vegetarian’s mouth water! The artisan production laboratory is located around the place des Halles de Tours, just a stone’s throw from the shop. The raw materials come mainly from Touraine suppliers, but this pork butcher also selects pigs from Sarthe or Dordogne.

Among the many specialties, favourites for aperitifs, there is the filet mignon of smoked pork with noble wood (beech or oak), the shoulder knuckle joint, a small cut of pork that is so precious and little known, with a great tenderness, confit at it will, the house dried sausage, and the rillettes, confit of pork cooked served cold, in a standard size or mini version. Other temptations include the homemade brioché garnished with sausages pistachio or sweetbreads.
In Tours, sampling the local food doesn’t necessarily mean a visit to a gourmet restaurant!
For maximum cultural discovery, we have a few ideas to help you enjoy an unusual culinary experience or awaken your curiosity for taste...

Le Grand Repas
Established locally in 2016, Le Grand Repas unites people with a single menu served at 400 sites within the Loire Valley (including schools, work canteens, retirement homes...). The association of “Tours Cité Internationale de la Gastronomie en Val de Loire”, proposing this year yet another menu representing its core values: taste education, reducing food waste, promoting local produce... If that appeals, then the date for your diary is 18th October 2018.

Aperitif visits at the Tour Charlemagne
The Tour Charlemagne of “ancient Tours”, built in the 12th Century, affords views over the town from a great height. Special visits have been created: After a guided tour of the historic monument, enjoy a mouth-watering tasting session (crushed pear terrine, rillettes from Tours, Sainte-Maure-de-Touraine goats cheese...) accompanied with a glass of local wine. This is a great way to combine a visit to a heritage building and experience a bit of local food culture.

To book please contact the Tourism Office or visit www.tours-tourisme.fr

Aperitif Loire Cruise
After enjoying a drink at the top of the tower, you can also enjoy an aperitif on the water! The Boutavant company offers boat trips on the Loire, all summer long. During a relaxing river cruise lasting 1 hour, a hamper of Touraine specialities, all made from fresh produce, accompanies you on your tour. A unique a l fresco tasting experience for you to try!

To book please contact the Tourism Office or visit www.tours-tourisme.fr

7 Vins 7 Jardins
The TO of Tours and the International City of Gastronomy are inviting you in 7 gardens of Tours for the 2nd year from June, 22nd to August, 17th. You will discover at least 7 grape varieties and wine designations during 7 dates in summertime. Enjoy an unique moment with a fruity note held by 7 different wine producers from Touraine. “Info and Resa” : www.tours-tourisme.fr

TOP 5 GOURMET ACTIVITIES

1. Chant de Blé, flour producers
Every Thursday during summer, from 5:00pm to 7:00pm, you will discover the milling workshop, and saffron, truffles and honey cultivation in a village with an enigmatic spirit. Following this walk, you share a gourmet aperitif with local flavours: toast with truffle butter, saffron cake, goats cheese, foie gras, accompanied by Safrandisiaque: Touraine rosé with saffron syrup.
Reservations on +33 (0)6 47 70 47 11 or at www.chantdeble.fr
Prices: Adult from €13 - Child (over 6 years old): from €6.50

2. L’orangerie de Château Gailliard
After having been forgotten, and thanks to a huge project by craftsmen and women, this site was opened to the public again in 2016. This is a unique area for lovers of nature, heritage and the history of France. For a tasty visit: taste and enjoy citrus fruits, citrus and local produce tasting: wines, goats cheese, oranges and chocolate.
Reservations on +33 089 26 20 45 09 for more information, or visit Chateau-gailliard-amboise.fr
29 aven des Jonc Moutet • 37400 AMBOISE
Rates: From €4.50 per person
THE RILLETTES WAR

THE ORIGINS
On this point we think we have to declare a draw because rillettes were originally a product of the great west, from Maine, just as much as from Touraine or Anjou. This pedantry is lost in the mists of time, homemade from the butchered pig and eaten at home, the archives show no trace of them. There is no record of rillettes as we know them, and called as such, until the 18th century - a comic opera in Tours in 1724 featured, in particular, a rilliards selling rills and rillettes.

FAME
In Le Lys dans la Vallée (1835), Balzac’s hero, Félix de Vandenesse enthuses about “The famous rillettes and rillons of Tours,” appreciated by the petty bourgeoisie but never seen on aristocratic tables - “I had never had the joy of seeing this brown jam on a slice of bread before me.” Local prestige? Not just local, the rillettes of Tours then achieved a national fame which would last throughout the 19th century and even beyond - they were sold in luxury grocers’ shops in the capital. But this star started to slowly fade with the rise of the Le Mans rillettes. This was because they had entered the industrial age. Albert Lhuissier was a pioneer. He opened his delicatessen in 1900 in Conneré (25km east of Le Mans), bought an abattoir and developed deliveries to Paris, even creating a factory for this purpose. History has learned that he was able to take advantage of long train stops at the city’s train station to sell his rillettes to Parisian travellers. He was a trailblazer. This commercial dynamism finally made Sarthe the homeland of the rillette. Tours never stopped making them, but the aura of its “brown jam” was decreased little by little to just the department. However, surely the Protected Geographical Indication (PGI) for “rillettes de Tours”, awarded in 2013, should be seen as a sign of renewed vitality?

RECIPE
What are rillettes? It is minced pork meat cooked in pork fat. The texture cannot be matched, due to the fibres that separate when you bite in to it and the pieces of varying dimensions that melt in the mouth.

MEAT
All rillettes are based on lean pork or sow meat and fat (a sow being a female pig having already had at least one pregnancy). The quality depends on the quality of the meat and the cuts, noble or not, which are used.

COOKING
In Touraine, the initial browning and the final blast give the famous brown colour that is “rillettes”. An important point, rillettes were always cooked uncovered, whereas in the Sarthe it is more normal to cover them with a lid. In Touraine, rillettes are always cooked uncovered, whereas in the Sarthe it is more normal to cover them with a lid. It is the cooking method that has made it a drier pork dish than its Le Mans cousin. In any case, on both sides of the border, the total cooking time varies between six and thirteen hours depending on who is cooking.

EXTRAS
In Touraine, the addition of white wine - a Chenin grape - is authorised and often done. Another original and current addition is pistachio, in particular. The brand is distributed, the range is now made up of more than 400 products, constantly enriched by new favourites gleaned from this Breton’s travels and those of his team. By making these products of excellence accessible, Terre Exotique is becoming more widely known among amateur cooks, starred chefs, new converts and professionals, with its oils, spices, salts and condiments.

It can be flavoured with essential oils such as yuzu, natural flavours such as bergamot, or topped with almond puree or black sesame. Mathilda Motte chose to work with mainly organic raw materials. With its feminine and velvety tea-time feel, the mochi is akin to the macaroon. It has a very soft ball, delicate and powdery world of mochi to feel, the mochi is akin to the macaroon. It has a very soft ball, delicate and powdery world of mochi to

IT’S FROM RIGHT HERE AND OVER THERE

IT COMES FROM SOMEWHERE ELSE, BUT IT’S HERE

Terre Exotique
Created in 1998 by Erwann de Kerros, the brand sells spices, peppers, berries, seeds, and other wild dried fruits. Terre Exotique is sold around the world in the best delicatessens. Let the adventure begin: the plantation of Penja, Cameroon, where Erwann de Kerros spend four years studying ‘pepperculture’. From just a few bags of Penja pepper brought back and distributed, the range is now made up of more than 400 products, constantly enriched by new favourites gleaned from this Breton’s travels and those of his team. By making these products of excellence accessible, Terre Exotique is becoming more widely known among amateur cooks, starred chefs, new converts and professionals, with its oils, spices, salts and condiments.

The Maison du Mochi
Established in the pretty village of Saint-Martin-le-Beau, the Maison du Mochi offers on line sales of mochis, traditional Japanese rice cakes. Workshops are regularly organised. After living in Japan, Mathilda Motte decided to introduce the delicate and powdery world of mochi to France. This speciality is a very soft ball, composed of a glutinous rice coating and a centre that is traditionally based on a sweet bean paste, which could be anko (red bean paste called azukis) or shiroan (white bean paste). These fillings can be flavoured with essential oils such as yuzu, natural flavours such as bergamot, or topped with almond puree or black sesame. Mathilda Motte chose to work with mainly organic raw materials. With its feminine and velvety tea-time feel, the mochi is akin to the macaroon. It is however much less sweet, totally plant based and gluten free.

IT HAS OUR NAME BUT IT’S NOT FROM ROUND HERE

La Tourangelle
La Tourangelle oil mill is located near Saur- mor, in the heart of the Loire Valley. Its creation dates back to the end of the 19th century, with the foundation of a small mill by Erwann de Kerros. The brand is distributed in luxury grocers’ shops in the capital. But this star started to slowly fade with the rise of the Le Mans rillettes. This was because they had entered the industrial age. Albert Lhuissier was a pioneer. He opened his delicatessen in 1900 in Conneré (25km east of Le Mans), bought an abattoir and developed deliveries to Paris, even creating a factory for this purpose. History has learned that he was able to take advantage of long train stops at the city’s train station to sell his rillettes to Parisian travellers. He was a trailblazer. This commercial dynamism finally made Sarthe the homeland of the rillette. Tours never stopped making them, but the aura of its “brown jam” was decreased little by little to just the department. However, surely the Protected Geographical Indication (PGI) for “rillettes de Tours”, awarded in 2013, should be seen as a sign of renewed vitality?

La Maison du Mochi

La Tourangelle

La Tourangelle

Terre Exotique

61 Quai de la Loire
37210 Rochecorbon
www.terreexotique.fr

La Maison du Mochi

Rue de la Gare
37270 Saint-Martin-le-Beau
www.maisondumochi.fr

La Tourangelle

11 route du Bois de la Caisse
ZAC de La Ronde 49680 Neuillé
www.latourangelle.fr

Clémentine Chauveau

WWW.TOURS-TOURISME.FR
> Week of wine and vine
from 19th March to 7th April
Saint-Cyr-sur-Loire

> Poets’ gourmet springtime
22nd March
Villa Rabelais - Tours

> 16th Bourgueil wine festival
24th March
Boulevard Heurteloup - Tours

> Nowruz Festival, Uzbekistan
traditional cuisine
28th March
Villa Rabelais - Tours

> Tasting evenings: Easter
28th March
Rochebonne

> Why choose organic, local and seasonal produce?
29th March

> Vinaviva
7th to 8th April
Saint-Étienne-de-Chigny

> Foire de Tours
from 4th to 13th May
Parc des Expositions - Tours

> Foire de Tours (Tours Fair)
from 4th to 13th May
Guingette - Tours

> Vitiloire
26th to 27th May
Cravant-les-Côtes

> Change what you eat
from 26th June to 11th September
Villa Rabelais - Tours

> 7 Vins 7 Jardins
22nd June, 29th June, 6th July, 13rd July, 20th July, 10th August, 17th August

> Steak fair
23rd to 24th June
Saint-Genouph

> Aperitif Gabare
from 4th July to 30th August
Tours

> Aperitif Tours Charlemagne
6th July, 13th July, 20th July, 27th July, 3rd August, 10th August, 17th August
Tour Charlemagne - Tours

> Oil and vinegar fair
26th July
Place Châteauneuf - Tours

> Goût de France
from 21st to 23rd September

> Le Grand Repas
18th October