

# The Cuisine, Wine, History & Culture of the Cote d'Azur – October 6-13, 2018

## AN EDUCATIONAL TOUR FOR THE AUGUSTE ESCOFFIER SCHOOLS OF CULINARY ARTS

Presented by A Taste of France with Chef Michel  
Chef Michel Bouit – President, Disciples Escoffier International-USA



### Saturday, October 6 ~ Departure for Nice, France

*The beautiful city of Nice sits like a jewel on the Baie des Anges - Bay of Angels of the sparkling Mediterranean Sea. This city is a fabulous fusion of French and Italian culture, customs and cuisine. Nice is the 5<sup>th</sup> largest city in France, after Paris, Marseille, Lyon and Toulouse, and capital of the Department of the Alpes Maritimes.*

**Sunday, October 7 ~** Arrival in Nice; check-in for 6 nights at the Hotel Flore Nice Promenade. We start our discovery of Nice with a visit of the Musée Matisse.

*The Matisse Museum is situated on the Hill of Cimiez, site of Gallo-Roman ruins and the Hotel Regina, former Franciscan monastery where the Matisse frequently resided. It has been welcoming visitors to view his works since its opening in 1963. Matisse lived in Nice from 1918 until his death in 1954.*

Next, we travel to the medieval village of Eze along the Moyenne Corniche, the middle road of the Alpes Maritimes enjoying the stunning panoramic views of the Mediterranean. Visit Perfumerie Fragonard offering aromatic experiences throughout their factory and exquisite boutique. Time to see the beauty and charm of Eze Village. Then on to the quaint village of La Turbie, famous since the Roman times, the offers beautiful views of the Principality of Monaco and the Mediterranean. Dinner at Café de la Fontaine. Return to Nice.

*Medieval Eze, perched like an eagle's nest on a narrow rocky peak overlooking the sparkling Mediterranean Sea is a well-preserved fortified village crowned with the ruins of its 12<sup>th</sup> century castle.*

**Monday, October 8 ~** Breakfast at the hotel. Depart for Restaurant Alain Llorca, 1-star Michelin in La Colle Sur Loup, for a hands-on cooking class followed with a wine presentation and tasting. Lunch will consist of the dishes prepared by the participants. Afternoon visit to the grave site and to the former home of Auguste Escoffier in Villeneuve-Loubet, that houses the Musée de l'Art Culinaire - Culinary Museum of Escoffier. An induction of new members of the Disciples Escoffier International USA will be held at the Musée with the assistance of Michel Escoffier, the great grandson of Auguste Escoffier. Return to Nice. Dinner at Restaurant Fine Gueule in the Vieux Nice.



**Tuesday, October 9** ~ After breakfast at the hotel, visit the vineyards of *Chateau de Cremat AOC Bellet* with a wine tasting.

*The cultivation of grapes in Nice stretches back to the 3<sup>rd</sup> century B.C. when the Phoenicians first planted the vines on the sunny hillsides of Nice. Located in the Bellet Region of northwest Nice, the vineyards once extended to 2,500 hectares and its wines were exported globally. Bellet wines were awarded the AOC designation (Appellation d'Origine Contrôlée) in 1941. Wine production continues although the acreage of vineyards is now only about 50 hectares. The sunny microclimate continues to insure a small but steady output of fine, expensive wine. The St. Roman de Bellet is available in most local wine shops and restaurants featuring Nicoise cuisine. Producing less than 100,000 bottles a year, it is difficult to find the wines outside of Nice.*

Next, a cooking demo on *petits farcis*, a Mediterranean specialty consisting of stuffing mini legumes such as tomato, zucchini, onions, artichokes, peppers, eggplant, and more with Chef Michel Devillers at Restaurant L'An Rouge, followed with a wine presentation and lunch. Chef Devillers is a Disciple of Escoffier. Afternoon visit to Confiserie Florian to see and taste with its and their range of candied fruit; apricots, angelica, pineapple, cherries, peaches, pears, plums, melon and candied clementines from Vence along with crystallized flowers, chocolate-covered orange peels, cocoa-powdered almonds, flower petal jams, citrus marmalades and more confections. Remainder of day and evening free. Dinner on own.

**Wednesday, October 10** ~ Breakfast at the hotel. Depart for a 3-hour walking food tour in the Old Quarter of Nice. The food shops, delicatessens, flower markets and more, comprise one of the most picturesque market places in France. The visit includes the Market of La Liberation where you will sample the various regional specialties and learn about the role the Italian influence played in defining the city's culture and cuisine. The tour concludes with a lunch of Niçoise specialties at Pane Oilo. In the afternoon we visit the Fromagerie du Carre d'Or to discover French cheeses representing the 7 families of "*fromages*" with a tasting. Next, we travel into the back hills of Nice to Tourrettes-sur-Loup for a visit and tasting of the Chevre produced at the Ferme des Courmettes with cheese maker Monsieur Gabelier. Return to Nice. Dinner at Restaurant Coco & Rico.

**Thursday, October 11** ~ Breakfast at the hotel. Depart for the village of Mougins for a hands-on cooking class with Chef Denis Fétisson where you will prepare two recipes for your lunch. Chef Fétisson is a wonderful chef to work with; very enjoyable! Afternoon visit of the 18<sup>th</sup> century Moulin à Huile of Sainte-Anne in Grasse to sample their superb olive oil and browse in their boutique that sells olive oils and products and beautiful olive wood items. Return to Nice. Prior to dinner at Café Lea, we learn about organic French wines made from grapes grown without chemical fertilizers or pesticides; a natural process that results in a wine of unique character. Discover the main wine-producing regions of France and the distinct differences between Bordeaux and Burgundy wines, and the complexities of "*Le Methode Champenoise*."

**Friday, October 12** ~ Breakfast at the hotel, departure for Mandelieu La Napoule. Visit the Forville Market followed by a cooking demonstration of the authentic Bouillabaisse by Chef Stephane Raimbault at his Restaurant l'Oasis 2-star Michelin since 1992 and a Relais & Châteaux property. The bouillabaisse and other delicious creations by Chef Stephane will be enjoyed for lunch. Return to Nice. Our farewell dinner will be at Maison de Marie with Chef Alain Rous, a Disciple of Escoffier. Presentation of diplomas and sharing great stories; a celebration of the days spent together learning, experiencing and gaining insight into the cuisine, wine, history and culture of this incredible region of France.

**Saturday, October 13** ~ Early breakfast at the hotel; transfer to airport for return flights to U.S.

~ Reservations ~  
Cote d'Azur ~ The Cuisine, Wine, History & Culture

Name \_\_\_\_\_ Chef coat size \_\_\_\_\_  
(PRINT NAME EXACTLY AS SHOWN ON PASSPORT)

Total # traveling \_\_\_\_\_

Addl. traveler name \_\_\_\_\_ Chef coat size \_\_\_\_\_  
(PRINT NAME EXACTLY AS SHOWN ON PASSPORT)

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ \$2,795. per person, double occupancy (airfare not included)

\_\_\_\_\_ \$2,995. per person, single room (airfare not included)

A deposit of \$500. per person is due with reservation. Final trip balances are payable by August 6, 2018, 60 days prior to departure.  
A confirmation will be mailed upon receipt of reservation. Itineraries may be subject to change.

\_\_\_\_ Checks payable to MBI, Inc. **PREFERRED**    \_\_\_\_ Visa    \_\_\_\_ MC    \_\_\_\_ AE    *Payments by credit card are assessed 5%*

Credit Card #: \_\_\_\_\_ Exp. \_\_\_\_\_  
Security code \_\_\_\_\_

Cardholder \_\_\_\_\_

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**Reservations** by email: [mbi@worldofmbi.com](mailto:mbi@worldofmbi.com) Secure fax: 773-649-9179

**Mail:** MBI, Inc. 4428 N. Malden . Chicago, IL 60640    Tel: 773-769-1790

**TOUR PACKAGE INCLUDES:**

- ☐ 6 - night hotel accommodations, double or single room including daily breakfast
- ☐ Point to point ground transportation by deluxe motor coach including airport transfers
- ☐ Unique gastronomic dining experiences and VIP wine tastings
- ☐ Professional and cultural visits, hands-on cooking classes and culinary demos as per itinerary
- ☐ Diploma and commemorative chef coat
- ☐ Taxes and tips

**This culinary package does not include airfare. When booking your flights, plan to arrive in Nice mid to late-morning on Sunday October 7 and to depart Nice mid to late morning on Saturday October 13.**

Passenger Travel Protection Insurance is recommended and is available.

<https://www.tripassure.com/main/?welcome=MBIC4428IL>

