



THE CUISINE, WINE, HISTORY & CULTURE OF NICE AND THE COTE D'AZUR

September 14 - 21, 2019

AN EDUCATIONAL TOUR TO FRANCE for The Auguste Escoffier Schools of Culinary Arts

Presented by MBI, Inc. "A Taste of France"

Chef Michel Bouit, President - Disciples Escoffier International USA

Saturday, September 14 - Departure for Nice

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 5th largest city in France, after Paris, Marseille, Lyon and Toulouse, and capital of the Department of the Alpes Maritimes.

Sunday, September 15 - Arrival in Nice; check-in for 6 nights at the Deck Hotel. Casual welcome dinner.



Monday, September 16 - Breakfast at the hotel. Depart for Restaurant Alain Llorca, 1-star Michelin in La Colle Sur Loup for a hands-on cooking class followed by a wine presentation with tasting. Lunch will consist of the dishes prepared by you. In the afternoon we visit the grave site of Auguste Escoffier and his former home now housing the Musée de l'Art Culinaire - Culinary Museum. Return to Nice for free evening with dinner on own for an opportunity to discover the Vieux Lyon and its many restaurants. *Trip participants interested in becoming a Disciple of Auguste Escoffier this is your opportunity to be inducted at the Museum. Email or call us for a membership application.

Tuesday, September 17 - Breakfast at the hotel. Visit of the vineyards at Chateau de Cremat AOC Bellet with a wine tasting.

The cultivation of grapes in Nice stretches back to the 3rd 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 l' Origine Controlée) in 1941. Wine production continues although the acreage of vineyards is now only about 50 hectares. The sunny microclimate insures a small steady output of fine, expensive wines. 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 is a cooking demo on Petits Farcis, a Mediterranean specialty consisting of stuffed mini legumes such as tomatoes, zucchini, onions, peppers, eggplant and more with Chef Michel Devillers at Restaurant L'Ane Rouge, followed by a wine presentation and gastronomic lunch. Chef Devillers is a Disciple of Escoffier. Afternoon visit of Confiserie Florian to see and taste 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. We then travel to the medieval village of Eze along the Moyenne Corniche - middle road of the Alpes Maritimes, enjoying stunning panoramic views of the sparkling Mediterranean. Time

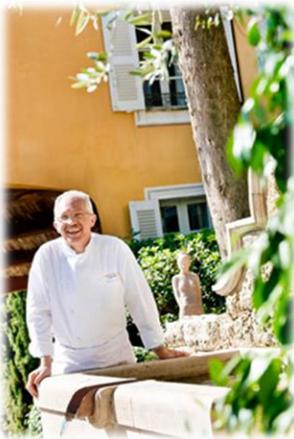
to see the beauty and charm of Eze Village. Return to Nice. Visit of Parfumerie Fragonard offering aromatic experiences throughout their factory and exquisite boutique. Medieval Eze, perched like an eagle's nest on a narrow rocky peak overlooking the sparkling Mediterranean Sea is a well-preserved fortified village crowned with the ruins of its 12th century castle. Dinner at Restaurant Fine Gueule in the Vieux Nice.

Wednesday, September 18 - Breakfast at the hotel. Depart for a 3-hour walking food tour of the Vieux Nice Old Quarter. 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 to sample the various regional specialties and learn about the Italian influence in defining the city's culture and cuisine. The tour concludes with a lunch of Niçoise specialties. In the afternoon we visit the **Fromagerie du Carre d'Or** to discover French cheeses representing the 7 families of "fromages" with a tasting. Free time will be available for shopping. 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."

Thursday, September 19 - Breakfast at the hotel. Depart for the Village of Mougins and **Restaurant Fetisson** for a hands-on cooking class with Chef Denis Fetisson where you will prepare two recipes for your lunch. He is a wonderful chef and really opens his kitchens to us. In the afternoon we visit of the 18th century **Moulin a Huile of Sainte-Anne** in Grasse to sample their superb olive oil and browse in their boutique that sells olive oils, vinegars and more.



Our day concludes at the famous **Bastide Saint Antoine**, Relais & Chateaux with Chef Jacques Chibois, a Disciple of Escoffier, for a demo of the famous Bouillabaisse. Dinner at the Bastide Saint Antoine.



Friday, September 20 - Breakfast at the hotel. Entire day at leisure to discover Nice on your own. 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, September 21 - Early breakfast at the hotel; return flights to U.S.

Reservations

Nice and the Cote d'Azur ~ September 14-21, 2019

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

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 July 15, 2019, 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 _____

Cardholder Signature: _____

Email: mbi@worldofmbi.com **Secure fax:** 773-649-9179

Mail: MBI, Inc. 4428 N. Malden St. Chicago, IL 60640



1. 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
- Unique gastronomic dining experiences and VIP wine tastings
- Professional and cultural visits, hands-on cooking class and demos as per itinerary
- Diploma and commemorative chef coat
- Taxes and tips

This package does not include airfare.

When booking your flights, plan to arrive in Nice on Sunday, September 15 and to depart Nice on Saturday, September 21.

Passenger Travel Protection Insurance is recommended and is available.
<https://www.tripassure.com/main/?welcome=MBIC4428IL>