

**FOOD  
& DRINK**

**MICHELIN DINING  
ON A BUDGET**

**13 BEST BISTROS**

**OLDEST CAFE IN PARIS**

**WHERE TO FIND THE  
PERFECT PASTRIES**

**HIDDEN COCKTAIL BARS**

**PARIS FOR CHOCOLATE  
LOVERS**

**TOP CULINARY SCHOOLS**

# reBonjour

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# reBonjour

Food & Drink

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## FROM THE EDITOR

Rain is tumbling from the sky, splattering on the cobblestones, and your umbrella is sailing skyward with each gust of wind. Drenched and annoyed, you wish you had canceled your lunch reservation. You arrive at the bistro and push open the door with a sigh. Waiters in white aprons bustle from the kitchen with delicious smelling dishes. The clinking of cutlery on plates mingles with the happy chatter of diners. Your friend is waiting with a glass of wine at a corner table. You sink into the red banquette, order the *menu du midi*, and soon forget about the wintry mix pelting the streets outside. In fact, you might just have to order an extra cheese course—never mind that you filled up on *boeuf bourguignon* as your main—just to prolong the pleasure. Not to mention a *café* to cap off the meal...

What's better than lunch in Paris? As I reflect on favorite food moments, I always come back to those long *déjeuners*, fueled by good food, wine and conversation, that sometimes last well past 3pm, since the waiter doesn't pop by preemptively with the check. The midday meal isn't just fuel to get us through the day, but a social ritual and leisurely moment where we sit down and take a break from the busy, non-stop movement of our daily lives. What's more, the multi-course restaurant menus are often a great value, prepared with the same finesse and ingredients as dinner.

The joy of lunch in Paris taps into a great French pastime: Preparing food, and eating it, is a serious sport. Such an important topic—and one in which visitors are keen to explore—is the focus for our first-ever edition of reBonjour, a deep dive into the Paris food scene. We've curated this guide for those who wish to go deeper than the postcard: pâtisserie fanatics, vegans and vegetarians, chocoholics on a quest for the capital's best creations.

From market stalls to Michelin stars, from café terraces to hidden cocktail dens, we'll take you on a gastronomic *tour de Paris* that showcases the breadth and bounty of the capital's table. Whether you're learning the lexicon of a French bakery or embarking on your first foray into culinary school, we hope this guide serves as a useful *entrée, plat, dessert...*

Bon appétit.



BONJOUR PARIS EDITOR

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# PARIS





# 13 BEST BISTROS IN PARIS

BY EMILY MONACO



**T**he bistro has experienced a bit of a downturn in Paris these days, and that's no surprise. Your average Parisian is far more excited by on-trend street food or small plates than the hearty beef *bourguignons* and veal *blanquettes* classics of yore, and widespread industrialization of the food industry in France has led many restaurants to serve up ho-hum iterations of such classics to unsuspecting tourists. (Alain Fontaine, president of the French Association of Maitres-Restaurateurs, estimates that just 7,000 of France's 175,000 restaurants make all of their food in-house.) But if you've got your heart set on some classic bistro fare, there are more than a handful of spots still doing things right. You just need to know where to look.

# 1. Les Arlots

*136 Rue du Faubourg Poissonnière, 10th*

This pocket-sized restaurant just steps from Gare du Nord is a stalwart fave of locals who love it for its unpretentious food and old-school décor hinging predominantly on taxidermy (including a framed assortment of *ortolans*, a purported favorite of François Mitterand). The chalkboard menu changes regularly, often boasting slightly modern plays on old-school fare. *Confit de canard* may be served with meaty shiitake mushrooms; egg-mayo may be seasoned with black garlic and topped with smoked eel. The only permanent line item is the now-famous *saucisse des Arlots*, a perfectly seasoned sausage served with mashed potatoes and jus. Vegetarians are not likely to find their bliss here, though pescatarians will usually have at least one option. A long list of natural wines is sure to offer the perfect accompaniment.



© Les Arlots

## 2. Chez Georges

*1 Rue du Mail, 2nd*

When you make a reservation at Chez Georges, be sure you append: Rue du Mail. There are many bistros in Paris bearing this name, but there's only one with the old-school charm of this one. The waiters boast that practiced Parisian tongue-in-cheek derision, and the black-clothed waitresses are masters of bustling efficiency. The hand-written menu is a treasure in and of itself, but it also paves the way for some truly excellent iterations of time-honored bistro faves.



The appetizer salads are behemoths, whether it's the *salade lyonnaise* with its bounty of *frisée* and thumb-sized hunks of salty lardons or the creamy *céleri remoulade* – categorically the best I've ever had. Mains tend to be on the meaty side, with 5A *andouillette*, kidney, and sweetbreads all featuring prominently. (Three kinds of steak-frites and multiple fish options are also on offer for those who can't quite jump on the offal train.) Desserts are simple but always delicious – the *tarte tatin* is caramelized and oh-so-buttery, served alongside an unnecessary but welcome bowl of raw cream.

### 3. Bistrot des Tournelles

6 Rue des Tournelles, 4th



The Marais can be a bit of a crapshoot when it comes to great tables, but the young team behind the Bistrot des Tournelles have got a no-brainer with this small bistro hewing closely to time-honored tradition in the kitchen, albeit with an almost exclusively natural wine list. Chef Geoffroy Langella has become famous for his behemoth of a *cordon bleu*, whereby the staple of French cafeterias gets a serious makeover. A thinly pounded turkey breast is lined with a layer of Prince of Paris ham and stuffed with a generous handful of Comté cheese before being rolled in breadcrumbs and fried. It's a delicious gut bomb – but it's not the only thing on the menu. Langella's approach to slow-cooked Provençal *daube* results in fall-apart-tender beef, and his love of classic sauces is evident in his *steak au poivre*.



## 4. Au Petit Panisse

35 Rue de Montreuil, 11th

On the slightly more modern side of things, Au Petit Panisse is primed to impress. While the dining room screams old school, the menu caresses contemporaneity, with dishes that may include a steak tartare seasoned *à l'italienne* with guanciale and parmesan or *pressé d'agneau* paired with cinnamon, beetroot, and port reduction. The kitchen does not shy away from offal: Tripe and blood sausage are frequent fliers on this chalkboard menu. But so too are classics done right, like slow-cooked beef paleron or sautéed seasonal mushrooms atop perfectly cooked chicken breast. An all-natural wine list and genial staff round out the experience to a T.

## 5. Le Relais de l'Entrecôte

15 Rue Marbeuf, 8th



You can't get more traditional than le Relais de l'Entrecôte, one of four similarly-named spots dotting Paris known for their identical menu of just one dish: *entrecôte* steak served with the house sauce and perfectly golden fries. Upon arrival, you'll be asked merely "how would you like it cooked?" before waitresses arrive, first, bearing a simple *frisée* and walnut salad. This diminutive starter is followed by not one but two helpings of the namesake steak-frites. Dessert offers way more choice, with tantalizing classics like *crème brûlée*, crêpes, fresh fruit tartlets, or a chocolate *séviigné*.



## 6. Le Bistrot de Paris

*33 Rue de Lille, 7th*

Since 1965, this Art Nouveau dining room has welcomed guests seeking out tradition, whether in substance or in ambiance. Appetizers include bistro stalwart egg-mayo and an exceptional *céleri remoulade*, as well as marinated herring, to be served out of a massive terrine brought to the table in true conviviality. In terms of mains, expect to find house-made duck confit, AAAAA andouillette with mustard sauce, or beef *bourguignon* served tableside out of a cast-iron cassolette. And for once, vegetarians need not stick to the appetizers: Le Bistrot de Paris always has at least one veggie main. Save room for dessert, where chocolate mousse is served *à la louche* and the profiterole is as much a delicacy as it is a challenge.



## 7. Café les Deux Gares

1 Rue des Deux Gares, 10th

The name of this restaurant appropriately hearkens to its location just between Gare du Nord and Gare de l'Est, and while this hood may not be held in the highest regard, this pretty little spot sports a lovely terrace overlooking the tracks leading in from Champagne and boasts a lovely menu of more modern bistro fare: Think beef *bourguignon* paired with eggplant or sweetbreads served with green beans and rockfish sauce.



The product-driven mindset so pervasive on the current culinary landscape also sees the preponderance of more pared down dishes where the ingredient is the star, like crispy Noirmoutier shrimp served nestled atop bean purée or a half-dozen oysters. And offal definitely pops up frequently, whether in the form of monkfish liver or duck hearts. Expect smaller servings and a slightly chaffier flair than in most bistros, and you won't be disappointed.



## 8. Polidor

*41 Rue Monsieur le Prince, 6th*



There's a reason Woody Allen chose to set so many scenes of his *Midnight in Paris* at this historic bistro. Once a watering hole for writers and artists like Ionesco, Boris Vian, André Gide and Ernest Hemingway, this 19th century staple still boasts all of its storied charm: dark wood, gingham napkins and all. The menu is rife with classics like *escargots*, *steak-frites*, and one of Paris' best beef *bourguignons*, but you'll also find a handful of ever-changing twists like a curry-spiked steak tartare or *foie gras* with tonka, not to mention seasonal vegetarian offerings. A *semainier* offers a revolving door of daily specials, with veal *blanquette* the weekend standby. Service here can be slow, but in a dining room this lovely, it never hurts to linger.



## 9. Cinq Mars

*51 Rue de Verneuil, 7th*

The low lights of this 7th arrondissement bistro lend a romantic appeal to a dining room known for its contemporary plays on classic French fare. The menu reads old-school, with warm leeks vinaigrette, escargots, and *saucisse-purée*. There are even some dishes, like *pot au feu* or a simple omelette, that have disappeared from the menus of other spots still steeped in Old World charm. But Cinq Mars adds modernity where it counts, with reasonable portion sizes, exquisite sourcing, and a handful of international touches, notably ensuring that vegetarians never feel abandoned. Be sure to save room for dessert: the bottomless chocolate mousse will conquer the heart of any chocoholic.

## 10. Astier

*44 Rue Jean-Pierre Timbaud, 11th*

This 11th arrondissement bistro surely knows how to dress the part, with walls decorated with copper saucepans, red leather banquettes, and crisp white linens adorning every table.

Contemporary bistro fare is on offer here, with storied classics like housemade *pâté en croute*, frogs' legs, or *Grenobloise* cod sharing space with ample fish options and a true mastery of game, whether it's roast pigeon or a play on rabbit in mustard sauce fashioned into a roulade. Side dishes are often served tableside from that gleaming copper: The puffy *pommes dauphines* outshine even the *steak au poivre* they accompany. Astier was once famous for its unlimited cheese service; this has since been limited to a dish of five, which is still more generous than most. And there's always the dark chocolate soufflé or one of Paris' best rum babas as an alternative end point.



## 11. L'Ami Jean

27 Rue Malar, 7<sup>th</sup>

L'Ami Jean is known for big flavors and big portions – and for its chef, Stéphane Jégo, a big personality. This Basque-inspired bistro invites guests to get cozy with their fellow diners, many of whom are seated at a long table running along one wall of the space. Meat is king here, from the family-sized terrine of house-made *pâté* (served with a veritable bucket of cornichons) to the “chimera” of wild boar and rabbit stewed in red wine. It is impossible to save room for dessert here, but you must: The rice pudding, served in a massive bowl to share alongside candied nuts and house-made salted caramel, is unmissable.





## 12. Au Bougnat

26 Rue Chanoinesse, 4th

It's not easy to find great food steps from one of Paris' most popular tourist destinations, but around a quiet corner near Notre Dame, Au Bougnat offers a surprisingly delicious experience. In a cozy dining room complete with exposed beams and a chalkboard menu, dig into an assortment of modernized bistro specialties like shirred eggs with smoked salmon and dill cream or snails served, not in their shells, but in a cassolette with garlic cream and Parmesan crumble. Mains may include slow-cooked pork cheeks with honey and cider or that omnipresent staple steak-frites, though you'll also find a burger (as you will pretty much everywhere in Paris these days) and a *planche* of Auvergnat charcuterie and cheese, an allusion to the Bougnats (Auvergnat coal workers-turned-restaurateurs) from whence the restaurant gleans its name. (Anything that comes with the house vinaigrette is truly excellent.) The lunch *prix fixe* menu is a steal for two courses, which change regularly with the seasons, and the restaurant is open *en continu*, should you be on the lookout for somewhere to dine between 2:30 and 7pm.



## 13. Café des Ministères

*83 Rue de l'Université, 7th*

Old-school panache defines the menu at Café des Ministères, which quickly skyrocketed to local fame for its mighty stuffed cabbage, the first place winner in the *2022 Champion de France du chou farci* contest. (Yes, that's a real thing.) The genial team behind this restaurant offers true mastery of classics as simple as *oeuf-mayo* and as complex as generous *vol au vents*, which see creamy veal sweetbreads and mushrooms piled into exquisitely flaky golden pastry. Finish things off with a bang with house-made pavlova or a snifter of brandy served tableside from the wooden drinks cart. This spot's prices (and difficult-to-get reservations) may make it more of a special occasion spot than some others on this list, but it's worth it.



"In France, cooking is a serious art form and a national sport."

– Julia Child



# **The Cocktail Bars of Paris**

**A GUIDE BY ARRONDISSEMENT**

BY HAZEL SMITH



© Bar Isadora

**F**or generations there was nothing to rival the list of French wines found in the bistros and brasseries of Paris, but since the early 2000s, there's been a new kid on the block – the cocktail bar. The French have been distilling liqueurs and spirits for centuries but always looked to other countries when it came to intoxicating combinations. The first French guide to mixing drinks in “the American, English, and Italian mode” was published in 1889 by Parisian Emile Lefeuvre. In 1920s Paris, cocktails ran freely when adventuresome American bartenders, unemployed due to Prohibition at home, were eager to share their methods and recipes. But, alas, cocktail culture soon languished with the exception of few stalwarts, Harry's New York Bar and Bar Hemingway at the Ritz.

Now, everything old is new again. There are hundreds of bars in Paris dedicated to the cocktail. Some pay tribute to the clandestine speakeasy of old. Others are cutting-edge modern. Some focus on Asian flavors and South American spirits, with a trend toward organic, natural, ingredients. Many mixologists have a hand in making their own infusions and essences on site. It's pure alchemy.

Here we drink our way through Paris, sampling stand-outs in each arrondissement. From the wild and woolly to world class, for the well-heeled, hipster, or abstainer, there's a cocktail bar for everyone in Paris.



# 1<sup>st</sup> Arrondissement

## Bar Isadora

60 Rue Jean Jacques Rousseau, 75001

Bar Isadora is gorgeous, roaring-20s kind of place, popular with a thirties kind of crowd, many who consider it to be the top cocktail bar in Paris. Bar Isadora is a chic and cheerful destination tucked into the very heart of the city. On the unique drinks list is the Mata Hari, concocted from gin, Chartreuse and Asian pandan syrup, with rich vanilla tones. Featuring an upbeat and well-curated soundtrack, the bar staff at Isadora will soon be ‘spinning’ the classic *fine à l'eau* into something new by creating a fine oil of coconut, verjus, and home-grown grape syrup to add to premium cognac. Isadora’s small kitchen provides a fresh daily menu; organic and homemade. They are known for their impeccable service.



© Bar Isadora

## 2<sup>nd</sup> Arrondissement



### Danico

*6 Rue Vivienne, 75002*

Tucked behind Daroco restaurant in a chic space once home to Jean-Paul Gaultier’s flagship, Danico is one of Paris’s most exciting cocktail bars. Located inside the ornate Galerie Vivienne and hidden behind the velvet curtain of Daroco restaurant, Danico is where Parisian elegance meets boundary-pushing mixology. Led by globe-trotting mixologist Nico de Soto, it’s ranked among the world’s 50 best bars. With a rotating, travel-inspired “Danico Xplorer” menu and flawless service, Danico blends bold creativity with speakeasy charm.

# The Experimental Cocktail Club

*37 Rue Saint-Sauveur, 75002*



© Experimental Cocktail Club

No list of cocktail bars is complete without mentioning The Experimental Cocktail Club. It's where many young Parisian bartenders have cut their teeth. Innovative, audacious recipes are concocted at this comfortable speakeasy themed bar, considered the home of the rebirth of cocktail culture in Paris. Those bitters you puzzle about in the gourmet shop – these mixologists know what to do with them. This place is an institution.

## 3<sup>rd</sup> Arrondissement



### Le Mary Celeste

*1 Rue Commines, 75003*

As of 2025, Le Mary Celeste is once again in the spotlight, named a top four finalist for Best International Restaurant Bar by the Tales of the Cocktail Foundation. Mary Celeste is named after a ghost ship found adrift with a hold fully stocked with alcohol – a perfect name for a cocktail and seafood bar. Their invigorating Rise and Shine is crafted from Mescal, licorice liqueur, coffee powder and lemon. The Rain Dog is made from bourbon, Amaro Diesus liqueur, syrup, lemon, Angostura bitters and mint. The interior of Le Mary Celeste is centered around a counter – a hip place for sampling drinks and oysters.



## Bisou

*15 Boulevard du Temple, 75003*

The eye-catching bar Bisou doesn't have a menu, but share your preferences with the mixologist behind the marble bar and they'll make anything that suits your fancy for about €15 a pop. The décor is pretty, pink, fun and flamingoes. The cocktails may be adventurous and high-flying, but Bisou takes a sustainable approach and only works with organic, locally sourced products. All their syrups and juices are made in house, they strive to create zero waste and have long said goodbye to plastic straws. The romantic patio at Bisou is dripping with hanging plants and ambience.

## 4<sup>th</sup> Arrondissement

### Le 1905

*25 Rue Beautreillis, 75004*

Located on rue Beautreillis since 1905, Aux Vins des Pyrénées blends Parisian history with timeless charm. Once a wine depot founded by a Catalan inventor, it's now a beautifully restored bistro and speakeasy-style cocktail bar. Upstairs, amid antique furnishings and soft jazz, you'll find cozy salons, a smoking lounge, and a starlit terrace. With expertly crafted cocktails, live music, and old-world ambiance, it's pure Marais magic.



© Le 1905

## 5<sup>th</sup> Arrondissement

### Solera

283 Rue Saint-Jacques, 75005

A short walk from the Port-Royal RER station, just south of the Luxembourg Gardens, Solera is a friendly venue worthy of your time. It's an unforgettable food/drink experience. The bartenders come from a high-end background but get down with creative cocktails. They can make you a personalized cocktail or mocktail in a specialty container. The Masterpiece is a balanced mix of Gin, ginger cordial, *crème de pêche*, organic tonic, bitter plum and Thai basil. It's served in a snail-shaped vessel smoked under a *cloche* of dried verbena. The tasteful, frondy, neo art-deco interior glows blue. The under 40 crowd relaxes to a tipsy French soundtrack.



## 6<sup>th</sup> Arrondissement



© Tiger

### Tiger

*13 Rue Princesse, 75006*

“Welcome to the Jungle of Gin,” Tiger Bar’s website says. Located on a pretty street rife with other bistros, Tiger is the pre-eminent gin bar in Paris. No gin joint of a bygone era, Tiger is an aesthetically pleasing fusion of blond wood and Japanese spa aesthetic where each gin cocktail is a new experience. They have a 100 varieties of gin, so hey, a new gin every week. They have 13 signature gin cocktails. The wait staff really knows their stuff.

## 7<sup>th</sup> Arrondissement



### Le Gatsby

*64 Avenue Bosquet, 75007*

Le Gatsby is a great find. It's a tiny, crisp place with many 1920s and 30s touches – club chairs, a smoking room, art deco lamps. Vincent the bartender recreates the Roaring Twenties with cocktails named after '20s icons. The Baker – no doubt Josephine – features Vodka, Cointreau, Strawberry puree, egg white and Perrier. The Edith features Hendrick's Gin, dry Noilly Prat, Suze aperitif and Maraschino liqueur. And The Chaplin is made from two varieties of rum with lemon juice, blueberry puree and chestnut syrup.

## 8<sup>th</sup> Arrondissement



© Unplug Bar

### Unplug Bar

*57 Rue d'Anjou, 75008*

Unplug is Paris's first immersive cocktail bar – a retro-futuristic capsule where mixology meets multi-sensory travel. Upon arrival, you're handed a "passport" to guide you through a global menu inspired by Asia, Africa, and South America. With 360° sound, glowing ceilings, and portholes projecting shifting landscapes, each drink becomes a journey. Thoughtfully crafted cocktails, theatrical presentation, and standout hospitality make Unplug a bold, transportive experience – no boarding pass or carbon footprint required!

# Le Bar

*Four Seasons George V, Av. George V, 75008*



If you're looking for opulence, this is the choice for you. Concealed inside the legendary Four Seasons George V, Le Bar is Parisian opulence distilled. With just a handful of velvet-lined seats, it's an intimate hideaway for those who appreciate rare spirits, expertly crafted cocktails, and refined service. Signature drinks like a Sazerac with Rémy Martin XO or an espresso martini with Clase Azul tequila pair beautifully with luxe bites like mini lobster rolls. Come for the cocktails, stay for the splendor.

## 9<sup>th</sup> Arrondissement



### No Entry

*20bis, Rue de Douai, 75009*

Beneath Pink Mamma lies a hidden speakeasy, accessed through a steel door marked “No Entry”. It’s a mix of velvet boudoir and herbalist’s den, offering an Italian-style escape with colorful infused spirits and expertly crafted cocktails. The vibe is cool, creative, and intimate – perfect for a spontaneous adventure. You’d never find it by accident, but once inside, it feels like a secret corner of Paris you’ll never forget.

## 10<sup>th</sup> Arrondissement

### Gravity Bar

44 Rue des Vinaigriers, 75010

Near Canal Saint-Martin, the bartenders at this small space are adept at shaking up the classics or creating their own cocktails, like Cream Pie, made with Madeira, *crème de cacao*, *crème de menthe* and almond-flavored *crème fraîche*. At Gravity the motif isn't outer space, but skate park where swooping waves of gravity-defying plywood extend above the space and the half-moon bar. They've got great looking food too. Summertime cocktails have names like Pink Pool, Mr. Greenthumb and Clockwork Soda – created from Rum, Almond, Lime and Mandarin Bergamot Soda. Drinks are listed not by spirit but by sensation.



© Gravity Bar

# 11<sup>th</sup> Arrondissement



## Moonshiner

*5 Rue Sedain, 75011*

Once you make it past the tempting smells emanating from Da Vita pizzeria, you'll find Moonshiner, a kind of lush speakeasy accessible through the restaurant's cold storage door. They stay true to their Prohibition vibe, but no password is required. The Lover's Last Sip is comprised of Botanist gin, Lillet Blanc infused with strawberries, Rinquiquin – a peachy aperitif – and basil.

# 12<sup>th</sup> Arrondissement



## Le Calbar

*82 Rue de Charenton, 75012*

Here the waiters serve you without trousers, but with a shirt and a bow tie and, phew, boxers. Who can help but laugh? The Calbar Qui Rit (the Laughing Calbar) is beverage made from Plantation rum, coconut and pandan water, lemon juice and decorated with silver palettes. If you order a Surprise Me, watch out – one of the bartenders will make you a special creation. Although their dress code is rather ridiculous they have great taste in music and work in a cool industrial chic setting. There are four non-alcoholic choices including The Grasshopper made from mint, white chocolate and cream.

# 13<sup>th</sup> Arrondissement



## La Folie en Tête

*33 Rue de la Butte aux Cailles, 75013*

La Folie en Tête is a small, young-at-heart bar located on a cobblestone hill of Butte aux Cailles. Its relaxed space where the inexpensive cocktails and the kindness of the waiters attract regular customers. There's a real village feel to this locale. La Folie En Tête has been in place since 1991. The walls of the bar are decked in a variety of musical instruments and the bar highlights World music with samplings of rock and jazz. Some regulars come back to jam – and they have a 6-track CD to prove it. The Caipi-Fresh – caïpiroska – a typical South American cocktail prepared with fresh fruits: kiwi, strawberry or raspberry is just 6 €. I said it was inexpensive. La Folie en Tête translates to “Madness in the Head.”

# 14<sup>th</sup> Arrondissement



## Café Bohème

*19 Boulevard Edgar Quinet, 75014*

The interior of Café Bohème rivals its patio as a light and airy place evocative of boho teatime and cakes. Cocktails include the Violet Spritz, with violet liqueur, prosecco and ginger ale; the Tulipe, with gin, Aperol, lemon and grapefruit juice or the signature strawberry, raspberry and passion fruit Mojito. The bar offers an array of fresh juices and the alcohol free Arthur, named after Rimbaud. Café Bohème aims to be whimsical, and succeeds in not being overly so. The bar is tastefully festooned with lacy lampshades and dried flowers. With its light-handed palette it stands out from its other neighbors on the boulevard, which largely appears to be patio-central in the shadow of the Tour Montparnasse.

## 15th Arrondissement

### Oogy Wawa

*4 Rue Auguste Dorchain, 75015.*

There are many fine restaurants in the quiet 15th arrondissement, Le Cherine, and Le Veraison, par exemple, but the only dedicated cocktail bar of note is Le Zero de Conduite, where the game-playing clientele suck on cocktail smoothies served in baby bottles. If you must, it's located at 102 rue du Theatre. If you want to save yourself from this kind of regression, the district does boast the only cocktail supply shop in Paris, Oogy Wawa, offering a wide selection of bar equipment and cocktail ingredients if you'd rather mix your own drink. If you're wondering ,Oogy Wawa is "Cheers!" in the Zulu language.



## 16<sup>th</sup> Arrondissement



### Cravan

*17 Rue Jean de la Fontaine, 75016*

Named after a part-time boxer and erstwhile poet in post-World War I Paris, Arthur Cravan was wilder than his uncle Oscar Wilde and treated life like performance art. Today the cocktail bar named for Cravan is housed in an Art Nouveau building designed by one of the movement's paragons – Hector Guimard. Amid a cool palette of old tiles and silvered mirrors, the experienced owners create sleek cocktails behind the zinc bar – reminiscent of the zesty '20s – like the French 75 made from gin, absinthe and Champagne or The Yellow with gin, gentian and yellow chartreuse. *Condé Nast Traveler* called it one of “The Best New Bars in the World.”

# 17<sup>th</sup> Arrondissement



## HAZE

*4 Rue de l'Arc de Triomphe, 75017*

Hidden a stone's throw from the Arc de Triomphe, Haze is a sultry, intimate speakeasy bathed in sexy red light and soft music. The vibe is warm and effortlessly chic. Bartenders craft cocktails with passion – balanced, bold, and tailored to your taste. Whether nestled in an alcove or at the bar, you'll feel indulged. This is a hidden gem for lovers, dreamers, and anyone craving a night of flavor and atmosphere.

## 18<sup>th</sup> Arrondissement

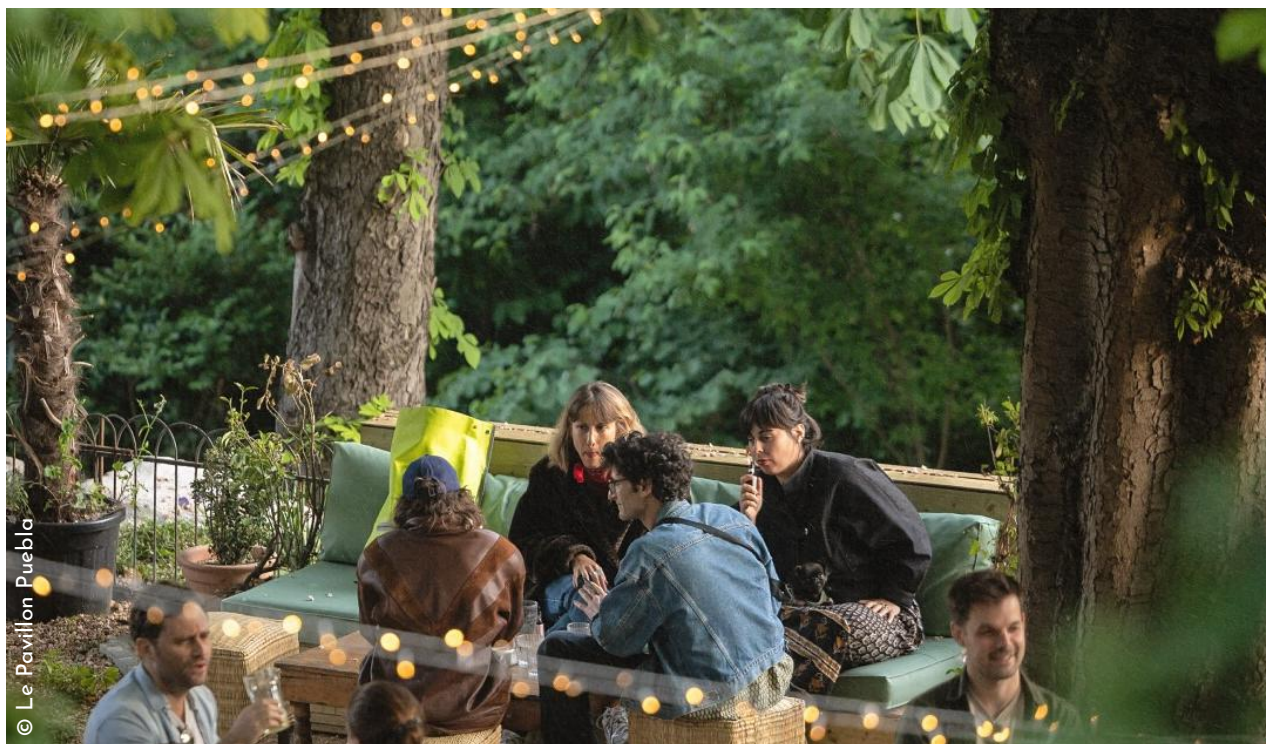


### Le Très Particulier

*23 Avenue Junot, Pavillon D. 75018*

Le Très Particulier, tucked away in a grove of city trees on the slopes of Montmartre, is a sumptuous lounge and solarium, part of the hotel complex of the same name. In this ivy-draped space, Le Très Particulier's head bartender Valentin Vignolles will expertly create something special for the curious, younger crowd, as well as their affluent guests. Ingredients include natural, homemade concoctions – infusions, syrups and perfumed sugars. The drinks on the menu are inspired by film characters such as the complex and fascinating Rhett Butler consisting of Four Roses Bourbon, Luxardo, lemon, vanilla syrup, Tabasco, and Peychaud's bitters. The Tom Sawyer and Mr Andrews are non-alcoholic drinks that also reflect contemporary movies. Buzz the intercom to gain access to the bar and the exemplary Très Particulier restaurant with a seasonal menu created by chef Gabriele Faiella. They also host DJ sets every Thursday, Friday and Saturday.

# 19<sup>th</sup> Arrondissement



## La Pavillon Puebla

*Avenue Darcel, Parc des Buttes-Chaumont, 75019*

The drinks menu at La Pavillon Puebla, located in the Parc des Buttes-Chaumont, features beverages with a South American twist despite the appealing venue being more like a 19th-century Parisian *guinguette*. Surrounding a stone-clad house, the terraces at La Pavillon Puebla are set under shady chestnuts where garlands of lights twinkle after twilight over the dance floor. The eclectic décor features boho benches and cushions, velvet couches, along with wrought iron bistro tables. The Bomfin cocktail walks the tightrope of Cachaça Janeiro, Angostura, ginger cordial, lemon juice, and sugar syrup. The Pavillon is very casual and super pretty.



## Combat

*63 Rue de Belleville, 75019*

No camo and macho posturing at Combat; instead you'll find the creative cocktail project of three female friends, apprenticed at the famed Experimental Cocktail Club. Combat is bright, modern and subtly decorated. Mustard-colored tiles frame a long shelf displaying Combat's range of spirits. The stainless steel bar resembles a laboratory dedicated to mixology. The enticing menu features cocktail names such as "Gentle-Mah" and "Redmeat" – the latter combining orange bitters, pink berry gin, red vermouth, raspberry brandy, and radish. The bar is located in what was once the Quartier du Combat, an area where wild animals were once baited to fight. It's also a nod to the fight the three young owners had to put up to open the bar.

## 20<sup>th</sup> Arrondissement



### Kissproof

*50 Rue de Belleville, 75020*

Kissproof in Belleville is a neon-lit, joyfully chaotic cocktail bar that channels the spirit of its Beirut twin. Funky, flirty, and full of flair, it's where you come to feel like a diva. Expect playful drinks like JE-SUIS-MADONNA-B\*\*\*\*!, LES-DIVAS-DU-DANCING and "LIQUID LAMBORGHINI"-IN-MY-"FLAMING COCAINE". If the names of these cocktails alone don't tempt you (but how could they not!), then combinations of Calvados, blueberries, pistachios and lemon, or Pisco, apricot, and tarragon definitely will! It's loud, irreverent, and irresistibly fun.

# Parisian COCKTAILS



## *FRENCH 75*

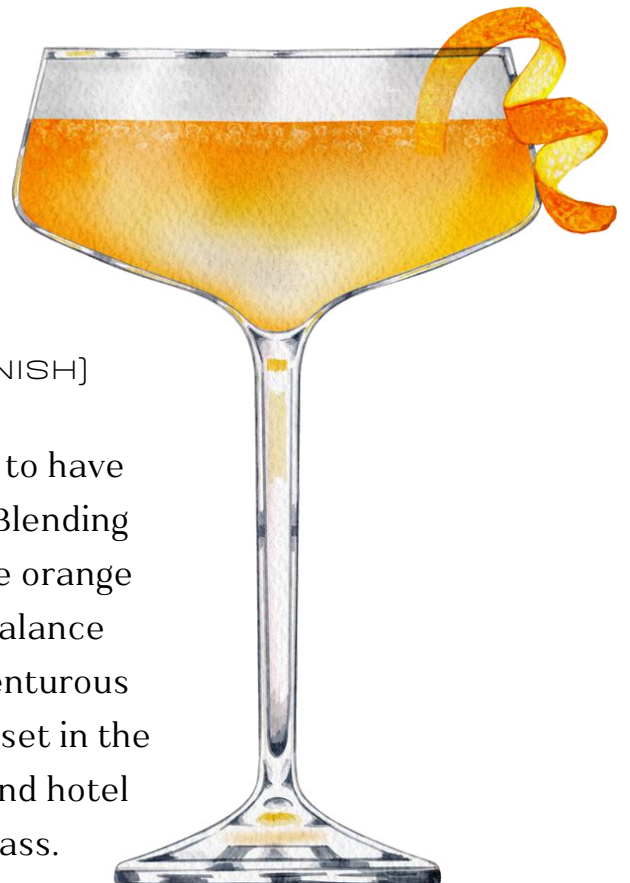
30 ML GIN  
15 ML LEMON JUICE  
15 ML SYRUP  
90 ML CHAMPAGNE [BRUT/EXTRA BRUT]  
LEMON TWIST [GARNISH]

The French 75 is a sparkling symbol of Parisian glamour, first mixed at Harry's New York Bar in 1915. Combining gin, lemon juice, and sugar, topped with crisp Champagne, it delivers both elegance and a surprising kick – its name a nod to the powerful French 75mm field gun of World War I. Beloved by Paris's cafés and grand hotel bars ever since, it captures the city's flair for turning sophistication into celebration.

## *THE SIDECAR*

50 ML COGNAC  
25 ML COINTREAU  
15 ML SYRUP  
25 ML FRESH LEMON JUICE  
LEMON TWIST OR SUGARED RIM [GARNISH]

The Sidecar is a timeless Parisian classic, said to have been born at the Ritz Paris in the early 1920s. Blending smooth Cognac with bright lemon juice and the orange warmth of Cointreau, it strikes the perfect balance between sharp and sweet. Its refined yet adventurous spirit made it a darling of the city's fashionable set in the jazz age, and it remains a fixture of Paris's grand hotel bars – a sip of golden-era elegance in a glass.





© Marian Jones

# La Coupole

## A PARISIAN LEGEND

BY MARIAN JONES



**A** visit to La Coupole on the Boulevard Montparnasse is always an event. A platter of seafood, piled high on a bed of ice, swoops by on the arm of a black-and-white clad waiter. The interior's painted pillars and Art Deco style can be glimpsed from the terrace and I'm swept back to the Jazz Age, when crowds gathered here to dine, to drink and smoke, perhaps to listen to music and dance. For when it opened in 1927, La Coupole was an immediate crowd-puller.

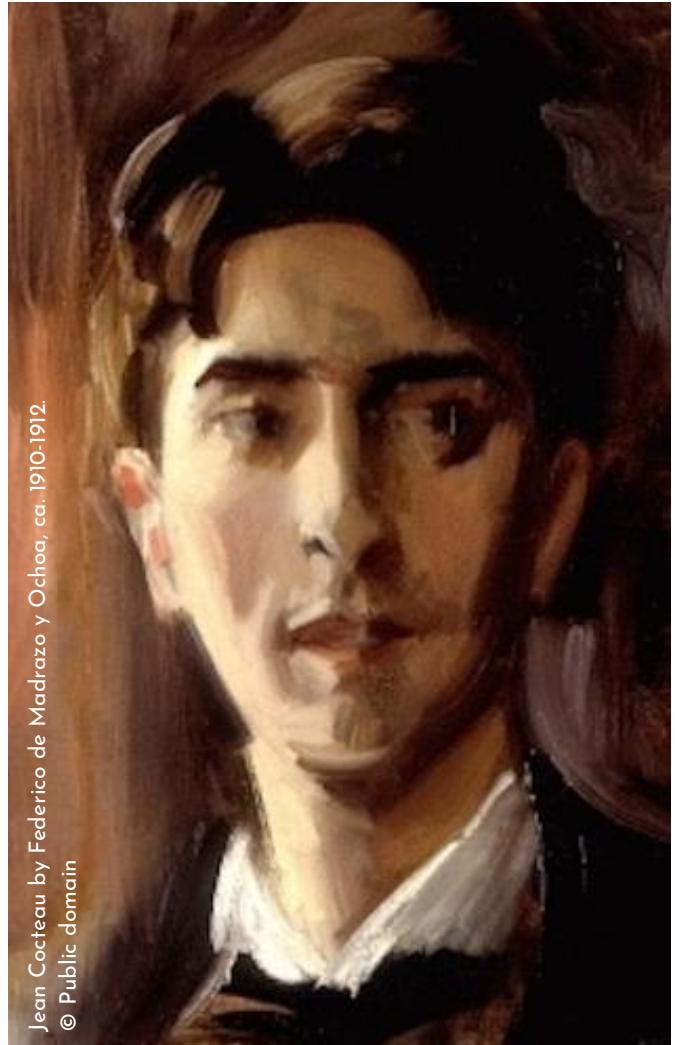
Montparnasse was popular with writers, musicians and artists, many of them Americans who'd arrived in Paris to escape Prohibition. They loved the area's café culture, centered around the Rotonde and the Dome which had both opened at the turn of the century. Two brothers-in-law, Ernest Fraux and René Lafon, who worked at the Dome and tried, but failed, to buy it, decided to open a new venue instead. They bought the only available premises, a rather unpromising wood and coal warehouse at 102 Boulevard Montparnasse, near the junction with Boulevard Raspail, and began thinking big.

Architects and decorators were hired to transform the vast empty space and create an Art Déco interior where everything – the tiling, the furniture, the lighting, the tableware – was custom made.



The 33 supporting pillars would have to stay, but there were plenty of artists who'd just left Montmartre for the cheaper, edgier district of Montparnasse who would decorate them with painted frescos. Legend has it that they worked in return for free drinks, although evidence suggests that some at least billed the owners for their work. Either way, excitement about the new venue was building, especially when several thousand invitations were sent out for the opening night party on December 27th, 1927.

It was said Le Tout Paris (all of Paris) came and there were indeed more than 2,000 guests who finished the 1,200 bottles of champagne by midnight, then partied on until the small hours. Illustrious guests included the artist Man Ray and the writer and film director Jean Cocteau which certainly enhanced La Coupole's reputation. So perhaps did the fact that the police were called at 5 A.M. to send the last stragglers on their way.



Jean Cocteau by Federico de Madrazo y Ochoa, ca. 1910-1912.  
© Public domain

The owners made sure more talking points followed. They hired an Indian chef to prepare curry and serve it in costume alongside waiters serving Turkish coffee dressed in the style of *A Thousand and One Nights*. Foreign newspapers were provided to encourage a cosmopolitan clientele and La Coupole stayed open day and night. Some came to peruse world news over breakfast, others to discuss business or politics over lunch, to enjoy the afternoon tea dances or the chance to drink long into the night with fellow writers and artists. To squeeze more customers in, an open-air restaurant, The Pergola, was set up on the first floor, roofed over in 1931 to make it an all year round attraction. Business was booming.



Ernest Hemingway, Paris, circa 1924. Photograph in the John Fitzgerald Kennedy Library  
© Public domain

Just a year after opening, Le Dancing was opened on Christmas Eve, 1928. This was a stylish dance and music hall in the basement, where the ceiling was covered in mirrors. People flocked to enjoy *dancing à l'envers* (literally “dancing upside down”) to jazz and tango bands. Ernest Hemingway, a regular at La Coupole, wrote that “the tables were always full, new people kept arriving” and in a later decade, Jean-Paul Sartre and Simone de Beauvoir were spotted dancing there too.



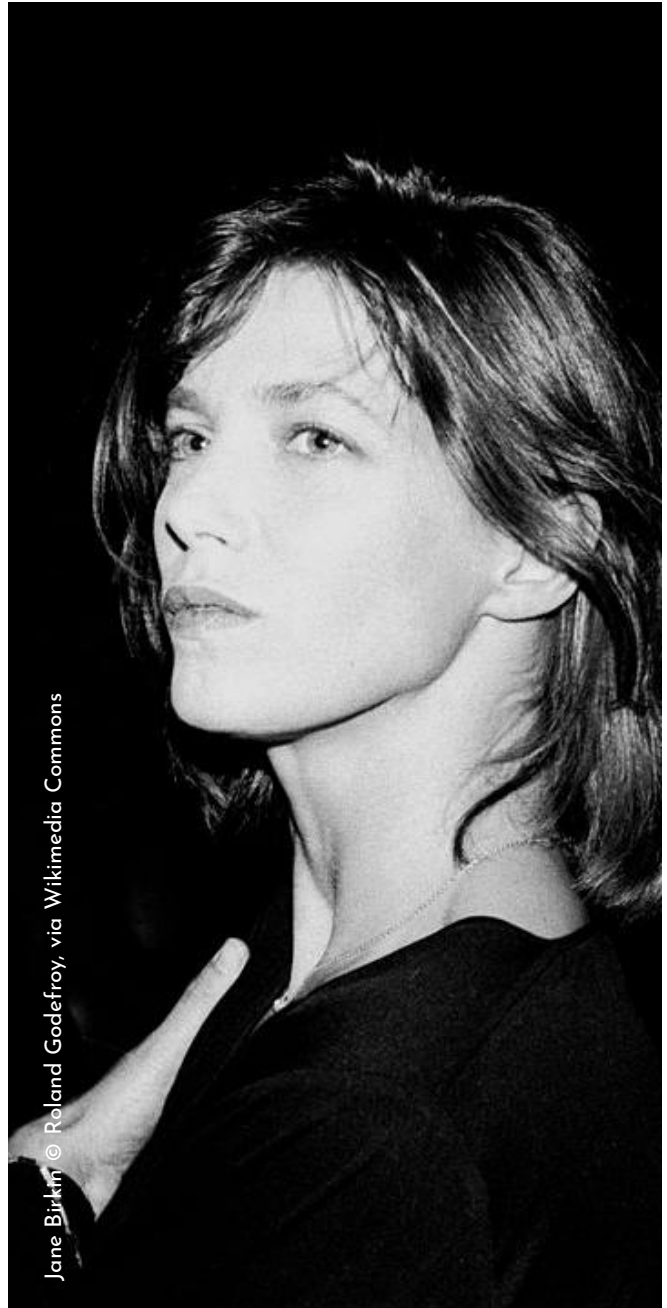
Indeed, the list of those who loved La Coupole reads like a who's who of 20th-century Parisian culture. In its early days, the painter and sculptor Alberto Giacometti liked to sit and draw in a corner and other visiting artists included Picasso and Matisse. Among the writers were the surrealist poet Louis Aragon and Hemingway's contemporaries, Gertrude Stein, F Scott Fitzgerald and James Joyce. Joséphine Baker was a frequent guest, as were Mistinguett, once the world's highest-paid female entertainer, and Kiki de Montparnasse, the model and muse who came to typify the jazz era in Paris and the liberated culture of Montparnasse.



Simone de Beauvoir and Jean-Paul Sartre, 1955. Wikimedia Commons  
© Public Domain

But La Coupole was not immune to the tide of history. Many Americans went home following the 1929 stock market crash, so during the 1930s the best-known customers were French. Sartre and de Beauvoir both wrote about dining on the terrace and Marc Chagall, Édith Piaf and Jacques Prévert were customers too. The onset of World War Two brought huge changes: the Pergola restaurant was closed, Le Dancing became a restaurant space and the 11 P.M. curfew brought the 24-hour culture to an abrupt end.

Perhaps the brasserie's heyday was over, but after the war, things picked up again slowly. It was to La Coupole in 1957 that Albert Camus invited friends and fellow writers to celebrate being awarded the Nobel Prize for Literature. In the 1960s, Serge Gainsbourg and Jane Birkin lunched here on Sundays and in May 1968, the student leader Daniel Cohn-Bendit climbed up on to a table top on the terrace to make his arguments. In 1996, former President Mitterrand came to La Coupole for the last restaurant meal before he died, keen to enjoy the lamb curry one more time.



A major renovation in the 1980s put several floors of offices on top of La Coupole, but the ground-floor restaurant was left largely unchanged. The old brasserie benches, mosaic flooring, Art Deco lamps and painted pillars remained. A new pillar, installed to replace the former staircase to the rooftop, was decorated with a frieze in homage to the original Montparnos – the area's artists and writers – including Giacometti, Hemingway, Kiki de Montparnasse,



Sartre and de Beauvoir. The result was the classification, in 1988, of the restaurant as a monument historique. Today its status is legendary; diners come for the history and the air of grandeur, but also, of course, for the food.

Described on its official website as *cuisine traditionnelle*, the core of the menu is brasserie fare. You could, for example, follow an oyster starter or *soupe à l'oignon gratinée* with *sole meunière* or *filet de boeuf au poivre*. All the classic desserts feature, from *île flottante* to *crêpes Suzette flambées*. You can also drop by for breakfast, cocktails from the Bar Américain, or a little something at *l'heure de l'apéritif*. Service is *continu*, so you don't have to stick to set meal times.





Seafood is a speciality, to eat in or to take away from the stunning ice-packed separate serveries. A fresh shellfish platter might suit, or you could order one of the tasting platters where the provenance of three different types of oyster is specified.

Alternatively, you could opt for lobster, for langoustines, crab or clams. Or just sit and watch the dramatic arrival of orders for other tables. Beds of ice, wedges of lemon, large display platters of glass or shiny metal, all is designed to heighten the interest.

Yes, it is a business. The waiters are said to cover 10km on each shift and the restaurant needs 650 covers a day to break even. But it's a very Parisian business, steeped in the glamour of *les Années Folles*, just the place to savor the brasserie ambiance for which the city is famed. You could try one of the Dancing de la Coupole evenings, where you can enjoy a mix of burlesque, live music and dancing. Or book a table and, following the author Stephen Clarke's advice, order "a couple of dozen oysters and a bottle of champagne."

Or take mine and visit on any weekday between 12 and 4 when the set menu costs €19.90. That buys you two courses, plus the chance to linger on the terrace and pretend you are eavesdropping on Ernest Hemingway at the next table.



## La Coupole

102 Boulevard du Montparnasse, 14th arrondissement

Tel: +33 (0)1 43 20 14 20

Bookings can be made directly on the website.

Open Monday- Sunday from 8 A.M. to midnight.





# 10 PLACES CHOCOHOLICS MUST VISIT IN PARIS

BY EMILY MONACO



© Emily Monaco

Paris' love affair with chocolate first began in 1615, when Anne of Austria married Louis XIII. The infanta of Spain brought drinking chocolate to the court from her native land, and indulging in the bitter brew quickly grew in popularity. By the time chocoholic Louis XV ascended to the throne in 1715, it was a mainstay of the nobility; it's said Louis XV's favorite, Madame du Barry, indulged frequently, thanks in large part to its purported aphrodisiac qualities.

It wasn't until 19th-century industrialization took hold that chocolate became widespread among the people, in France, notably thanks to pharmaceutical brands like Menier, founded in 1816. By the 20th century, chocolate had evolved away from its medicinal reputation to become what it is today: a simple, fairly affordable luxury.



© Festin Digital Agency

Today, Paris is home to no shortage of chocolate shops, many of whom peddle the French style of bonbons, made with a ganache or praline center covered in a thin layer of chocolate couverture. Chocolate fans will also encounter no shortage of Belgian-style shops like Pierre Marcolini, Jeff de Bruges, or Leonidas, known for their thicker shells protecting rich praline or runny caramel centers. But that's just the beginning. Today, chocolate is a mainstay of French breakfasts, from *chocolat chaud* to *pain au chocolat*. It's also a delight come the 4pm *goûter*, whether in the form of the traditional square of dark chocolate on a slice of crusty baguette or the more modern, internationally-inspired rich chocolate cookie. From bonbons to mousses to ice cream, here are the spots chocoholics absolutely must visit in Paris.

# 1. Tablets

*Plaq, 4 Rue du Nil, 2nd*



Chocolate tablets are perhaps the purest form of chocolate enjoyment, sans bells, whistles, flavorings, or fillings. And for the very best, head to *Plaq*, Paris's foremost bean-to-bar chocolatier on the diminutive foodie Rue du Nil. This shop sorts, roasts, and stone-grinds its beans on-site for the array of single-origin *tablettes* dotting the shelves. Try the Maya Mountain, co-founder Sandra Mielenhausen's favorite, with its intense floral notes.

## **While you're here...**

Grab a hot chocolate shot, made from the still-same single-origin chocolate. You choose whether it's prepared with hot milk, for a luxurious creaminess, or water, to let the purity of the chocolate shine.

## 2. Bonbons

*William Artigue, 30 Rue Yves Toudic, 10th*

There's no shortage of spots making phenomenal chocolate bonbons in Paris, from Jacques Genin to Alain Ducasse. But if we had to pick just one, it would undoubtedly be William Artigue, whose seasonally-driven chocolates are generous in both size and flavor. In summer, indulge in a dark chocolate ganache laced with balsamic vinegar and paired with raspberry confit. Come fall, sink your teeth into a maple-scented almond praline married with maple caramel. And all year round, do not miss the chocoholic's dream: a cocoa bean praline with a soft cocoa-infused caramel enrobed in dark chocolate couverture and topped with cocoa nibs.

### **While you're here...**

Pick up one of the house-made *pâtes de fruit*. True to Artigue's mission, these also change with the seasons, but our favorite is the autumnal butter-baked apple spiced with cinnamon.



© Nicolas Ceroni

### 3. Chocolate Éclair

Louvard, 11 Rue de Chateaudun, 9th



Visitors are often surprised to find that when it comes to Parisian éclairs, you can judge a book by its cover: The icing always matches the flavor of the pastry cream within. At Louvard, however, the chocolate éclair goes one step further, with a cocoa-scented *pâte à choux* encasing a rich chocolate pastry cream, all topped with a thin layer of chocolate ganache dotted with cacao nibs. And we're not talking just any chocolate. Stéphane Louvard sources his from Xoco Gourmet, a mission-driven company that grows its own cacao in four Central American countries, roasting the beans



at a far lower temperature than most for an ultra-fruity chocolate with nearly no lingering bitterness – even at 80% cocoa. “That’s what’s so magical about it,” says Louvard. “You really taste the bean.”

Mayan Red was the company’s first signature chocolate and remains Louvard’s favorite thanks to its explosive, full-bodied flavor with notes of plums and berries.

### **While you’re here...**

Louvard was also the instigator of the crookie – a croissant-cookie hybrid that took TikTok by storm – and his is still the best. Not only does he begin with a standout croissant, but he studs the cookie dough with Mayan Red chocolate for a truly luxurious flavor.

## 4. Chocolate Mousse

*Chapon, 69 Rue du Bac, 7th*

A bistro dessert *par excellence*, chocolate mousse can be found all over Paris, from the bottomless vat at Le Quincy to the fine dining iteration topped with pear brunoise at A.Lea. But if mousse fans make it to just one spot, it should undoubtedly be Chapon. Here, the signature chocolate mousse bar features five different single-origin mousses, each of which is made from cocoa beans roasted in-house to perfection. Choose from among floral Ecuadorian 77% cacao mousse or a 75% Malagasy mousse with cherry and plum notes. And the 100% Venezuelan mousse boasts an intensity you won't find anywhere else.



### **While you're here...**

Give chocolate pulp a try! Also known as baba, this sticky white substance surrounds the cocoa beans and offers a totally different flavor profile than chocoaholics may be used to: sweet, tangy, and almost lychee-esque. At Chapon, it's sold as a refreshing beverage.

## 5. Cookie

*Julien Dechenaud, 16 Rue Rendez-Vous, 12th*

American-style cookies have taken the French capital by storm in recent years, but none quite holds a candle to the more-is-more offering from Julien Dechenaud. A brownie-esque base boasts an even-handed sweetness that's just rich enough. It's topped with Provençal almond paste and a rich salted caramel with just the right note of bitterness. Plus, it's available in several sizes, in case you want to share.

### **While you're here...**

It's hard to pick just one of Julien Dechenaud's creations to spotlight, from his single-origin bars to his generously filled pralines. But when push comes to shove, we've got to recommend his bold ganache bonbons, flavored with anything from bright yuzu to buttery olive oil.



© Impronomçable Media

## 6. Hot Chocolate

*Chocolaterie Cyril Lignac, 25 Rue Chanzy, 11th*



© Yann Deret

You'll find hot chocolate on the menu of nearly every Parisian café, but it just hits different at Cyril Lignac's chocolaterie. Here, the creamy cocoa is the Goldilocks ideal: Neither too rich nor too watery, neither too sweet nor too bitter. The chocolate itself boasts a wonderful hazelnut aroma, and a lovely touch of vanilla elevates it to pure bliss. Enjoy it plain or add whipped cream and a mini chocolate teddy for a two-euro supplement.

### **While you're here...**

Pick up a phenomenal *chocolatine* (Lignac is, after all, from the south) or enjoy a *pain au chocolat* actually worthy of the name: a bitter cacao-scented bread dough studded with dark chocolate chips. Either one is perfect for dunking.

## 7. Pain au chocolat

*Blé Sucré, 7 Rue Antoine Vollon, 12th*

The *pain au chocolat* is a boulangerie classic for a reason, but time is generally of the essence: Whereas a croissant can happily linger in the case for several hours, every minute the twin bars of dark chocolate are left in contact with buttery pastry, the cocoa does its work sapping it of moisture. Not so at Blé Sucré, where some sorcery has resulted in a *pain au chocolat* that stays moist



and tender even hours after baking. We love the slight smoky note offered by the Valrhona chocolate, which balances out the richness of this time-tested viennoiserie.

### **While you're here...**

Pick up a tender madeleine with a sticky sweet glaze.

## 8. Chocolate Sculpture

*Joséphine Vannier, 4 Rue du Pas de la Mule, 3rd*

You'd be forgiven for assuming, as you wander past Joséphine Vannier, that it's just one more gallery dotting this particularly artsy part of the Marais. You would be mistaken. Since 1998, the small team at this shop has been sculpting everything from stilettos to violins in its signature 72% dark chocolate. Many stalwarts of the collection were born of collaborations with businesses, including teeth originally created for Oral B. These days, the shop has turned its attention to collaborations with local street artists for creations like a 3D Kraken or a box of flavored palets reflecting the moods of artist Jo Little.





### **While you're here...**

Don't miss the classic chocolate-covered pralines, generously filled with cinnamon-spiked hazelnut nougatine or black pepper-scented almond praline. "It's old-fashioned praline, and very dense, which is harder and harder to find these days," explains Julien Wajnszok, CEO. "It's expensive to produce, but we really want to hang onto that quality."

## 9. Chocolate Ice Cream

*Reÿs Glaces Eternelles, 4 Rue du Bourg Tibourg, 4th*

Reÿs Glaces Eternelles is known for its creative French gelato, which is lighter and softer than your typical *crème glacée*. Founder Jean-Pierre Braun crafts each of the flavors based on a memory or a voyage, and in addition to a regularly-changing roster of flavors as creative as the kulfi-inspired Indian wedding or garlic-spiked tzatziki, there are two permanent chocolate flavors on offer. Le Chocolat de Pépé Charles is a rich chocolate ice cream, an homage to Braun's grandfather's "extraordinary" hot chocolate. Les Dieux d'Amazonie, meanwhile, is a rich and creamy vegan sorbet made with whole cashews and naturally fatty single-origin Peruvian chocolate. The deep flavor of the cacao is offset by the slightly spicy aromas of tonka bean, whose addition transforms this sorbet into a true evocation of Amazonian terroir.

### **While you're here...**

Pair your scoop with one of the non-chocolate flavors. Braun likes combining les Dieux de l'Amazonie with a scoop of Elixir de Java, a mango sorbet spiked generously with spicy ginger, and he adores the rich, creamy Chocolat de Pépé Charles affogato-style.



© Reÿs Glaces Eternelles

## 10. Tartelette


*Jean-Paul Hévin, 23bis Avenue de la Motte-Picquet, 7th*



The most intense chocolate tartlet may well be made by Jean-Paul Hévin, whose approach to this classic pâtisserie is a triple threat of cocoa. “I wanted a recipe that was at once powerful and fragile in flavor,” he says. A double barreled filling pairs a deeply aromatic chocolate mousse with a layer of rich chocolate ganache, all settled into an almond short crust pastry infused with just a touch of cacao. This, Hévin says, adds a touch of welcome acidity to help fully develop the flavor of the chocolate. The balance of textures and flavors brings out a lovely umami character in the chocolate that Hévin himself characterizes as “magic” – and we can’t help but agree.

### **While you’re here...**

Sample one of his six different chocolate *macarons*, from the bitter Equateur made with Grand Cru Ecuadorian cacao to the Frambois’in with a dark chocolate ganache infused with raspberry purée.



“There are only two places in the world where we can live happy: at home and in Paris,”  
– Ernest Hemingway



© Marie Line Sina

# Eiffel Tower Dining

## AT LE JULES VERNE

BY CHLOE GOVAN

**C**hef Frédéric Anton took the helm of the world-famous Jules Verne restaurant in summer 2019 after a full restoration. His ambition? To guarantee it becomes the singular “must-visit gourmet destination in Paris, at the top of France’s most emblematic monument.”

It was a promise as lofty as its Eiffel Tower location, hundreds of feet above the ground, but Anton was determined to keep it – and indeed, as far as luxury dining in Paris is concerned, it’s one of the best.

Guests are invited via their own private elevator, which whisk them straight to the second floor of the Eiffel Tower without the need to join the inevitably large line of sightseers first. Anton is there in lightning fast time, too – the former Masterchef Français judge divides his time between Le Jules Verne and the renowned Le Pré Catelan restaurant in Bois de Boulogne thanks to his handy electric scooter. His triple Michelin star status, plus his team of expert sommeliers and chefs (including Thierry Marx at the Eiffel Tower’s Madame Brasserie) complete the picture. This team ensure that diners are in good hands.



© Marie Line Sina

Be prepared to gasp as the sophisticated simplicity of the dining room first comes into view. The vibe here, brought to life by designer Aline Asmar d'Amman, is not about glamour and garish furnishings, but totally under-stated sophistication, therefore allowing attention to be directed to the main attraction – the panoramas outside. This décor has little in common with the lavish dining spaces of Paris's palace hotels such as the Shangri-La and the Ritz. Plus there are no intricate frescoes, traditional crystal chandeliers nor even elaborate modern flower walls to take in. There are, on the other hand, sleek reflective mirrors providing diners with a visual echo of the city, and windows featuring panoramic views of the capital 410ft below. While a passion for palatial opulence is understandable – especially in a city so synonymous with glamour – with this city skyline as a backdrop, extra sparkle just isn't strictly necessary.

No doubt this was D'Amman's reasoning. She had previously renovated the suites at former royal residence Hotel de Crillon – the location outside which Marie Antoinette was brutally executed – so she is accustomed to designing spaces in which there are plenty of legends to live up to. Le Jules Verne, for its part, was named after the French author of the same name – besides William Shakespeare, the second most translated novelist in the world. In spite of all this history, the restaurant might be less about filling your Instagram feed and more about switching your phone to silent and drinking in classic Parisian style views... perhaps with the assistance of a vintage wine from the unparalleled on-site cellar?

Before too long, an amiable waiter will arrive to break your hypnotic gaze towards the scenery outside and start to serve. The cuisine has a lot to live up to in order for diners to be as entertained by its aesthetic and taste as by what they see outside.

Yet the team is up to the challenge. The famous option is the five or seven course tasting menu, which is available both for lunch and dinner, and offers up dish after dish of culinary extravagance.



For instance, the mouth-watering scallops and caviar dish contains a hint of tongue-tingling lime zest, the chestnut dish balances the sweetness of its vanilla cream with a generous dose of citrus zest and even the chocolate in the final dessert dish is infused with a sharp sorbet. The theme is all about that combination of sweetness and sharpness to set your tongue alight.



© Marie Line Sina

Wedding proposals take place here against the twinkling lights of the Parisian night sky – and while dining at Le Jules Verne could easily appear to be an over-priced and underwhelming cliché, accused of capitalizing on its location alone, it has actually been renovated to great success, in contradiction of its critics. Yes, it will always be a bit of a cliché – the obvious choice for any Paris-bound romantic or lover of luxury – but some clichés are not to be missed. Its popularity is for good reason, so it's well worth clearing some space in the budget for what promises to be a truly special meal. Make a date in your diary!



© Marie Line Sina



## THE DETAILS:

### Tasting Menu:

five courses for €295 or seven courses for €330

Lunch A La Carte Menu (Monday to Friday only) €180

**Dress Code:** Smart (no jeans!)

**Service Hours:** Daily from 12 to 1:30pm and 6pm to 9:30pm. Closed on the evening of 14th July.

**Website:** <https://www.restaurants-toureiffel.com/en/jules-verne-restaurant.html>

# PARIS FOOD & DRINK

## *Bucket List*

- Picnic on the banks of the Seine
- Eat escargots in a candlelit bistro
- Indulge in delicate French macarons
- Sip champagne under the stars
- Enjoy steak frites at a lively brasserie
- Bite into a buttery croissant at a café
- Experience a multi-course Michelin meal
- Order a crêpe from a street vendor
- People-watch over a café crème
- Wander a colorful Paris market
- Discover a cozy wine bar
- Indulge in a golden tarte tatin
- Eat a Paris-Brest pastry
- Taste steak tartare at a posh restaurant
- Enjoy a flaky millefeuille
- Try French onion soup from a cozy bistro
- Feast on mussels and fries
- Grab a box of souvenir chocolates to take home
- Eat a baguette sandwich on the go
- Share a carafe of house wine
- Step inside a traditional fromagerie
- Have brunch in a trendy spot
- Savour artisanal ice cream
- Try a classic croque monsieur
- Visit a Paris food festival
- Attend a cooking class at a culinary school
- Visit a traditional tea salon
- Indulge in financier cakes
- Visit an award-winning patisserie
- End the night in a hidden cocktail bar



# Le Procope

## THE OLDEST CAFÉ IN PARIS

BY MARIAN JONES

A slice of history goes well with a nice restaurant meal and it's a combination easily found at Le Procope, just up the road from the Odéon metro station in the 6th arrondissement. For there you can find traces of the Revolution, the Enlightenment and heavyweight 19th-century authors like Balzac while enjoying some of the same traditional French cuisine which has been served here for over three centuries. Little wonder then that the restaurant is officially classified as a monument historique.

The signs displayed outside are enticing. “Café-glacier depuis 1686,” reads one, making it the oldest café in Paris if you discount the fact that it closed down for a period in the 19th century. In the late 17th century it was, continues the information panel, almost certainly the first restaurant to serve coffee, the fashionable drink newly arrived from Italy. What's more, it was brought in porcelain cups to customers at their table. All of this was new, and it was the beginning of Parisian café culture.



© Michael Rys / Wikimedia Commons

Le Procope opened its doors in 1686, the brainchild of Sicilian Francesco Procopio dei Cotelli, who opted from the outset for a luxurious atmosphere, choosing crystal chandeliers, mahogany and velvet for the décor. Trade was brisk from the beginning, boosted by actors and audience members from the Comédie Française theater which at that time was just across the road. The novelist Alain-René Lesage was among the early customers and wrote delightfully of the bustling new restaurant where you would find “nobles and cooks, wits and sots, pell mell, all chattering in full chorus to their heart’s content.”

The atmosphere today may be a little quieter, but much of the décor has been kept. Indeed, it is said that the wallpaper has not been changed since 1832! The lady at the ticketed cloakroom desk smiled when I asked her if it was true, as I had read, that the restaurant has a little museum upstairs. “Ah,” she said, “the whole restaurant is a museum, madame. You will see.”



We followed a waiter through a room with dark red and mustard-colored walls, covered in prints and framed documents where the tables – mainly full – were laid with white linen cloths, heavy cutlery and sparkling glasses. In the little corner reserved for us was a heavy old bookcase full of ancient leather-bound tomes and on the ceiling I spotted not just a copy of key text from the Revolution – the Declaration des Droits de l’Homme – but also an old-fashioned ironwork chandelier. Bliss for the history nerd!

But we had, of course, also come for the food. The classics of French gastronomy all seemed to be on the menu – *soupe à l’oignon gratinée*, *sole meunière* – and there was a separate section labeled *nos recettes historiques* with dishes like *blanquette de veau traditionnelle* and the intriguing *tête de veau en cocotte, comme en 1686*. What, I wondered, distinguished a veal casserole cooked in 1686 from one prepared in the 21st century? The set menu for lunchtime, *le menu Procope*, offered excellent value, although I slightly wished we’d come in the evening so I could enjoy the more extravagantly named *menu philosophe*. My trout with almonds was elegant and perfectly cooked, and the Coupe Amaretto to follow – ice cream and Chantilly cream drizzled with liqueur – was a treat. The coffee came with a little madeleine cake. Of course it did!

As for the whole restaurant being a museum, that’s exactly right. The restroom doors are labelled *citoyens* and *citoyennes*, the egalitarian terms which replaced *monsieur* and *madame* during the Revolution, and every nook and cranny is crammed with

shelves and cabinets displaying objects and documents connected to Le Procope's history. And it is quite a history. It has been described as the "nerve center for the Revolution," it was a go-to venue for some of the best-known Enlightenment figures and in the 19th century it was the favorite restaurant of many of famous novelists and poets.



© Jean Hubert / Public domain

Much of the Revolution was planned there and Danton, Marat and Robespierre are all said to have been customers. It was from Le Procope that the orders for the attack on the Tuileries Palace in 1792 were issued, and it is thought that the first red caps worn by revolutionaries were seen there.



Among the documents on display are a fragment of Marie Antoinette's last note, written at 4 a.m. on the day of her execution, in which she bids a heart-rending farewell to her children: "My poor children, adieu, adieu." Just nearby is a sample of her husband's writing, his request for a three-day stay of execution to give him time to "prepare himself to meet his God," a plea which was rejected. A vivid memento from the period just after the Revolution is one of Napoleon's bicorne hats, said to have been left deliberately in lieu of paying his bill!

Le Procope was also popular with the great thinkers of the Enlightenment period. Perhaps they were drawn by the intellectual atmosphere of a restaurant near the city's best-known theater, then stayed for the food and the hospitality. Among them were Diderot and his co-editor Jean le Rond d'Alembert, working on their ground-breaking encyclopedia, a "book of knowledge" more comprehensive than had ever been written before.

The philosophers Jean-Jacques Rousseau and Montesquieu were customers too and so was Voltaire, who is said to have tried ice cream here for the first time and commented that he found it “exquisite,” adding “What a pity it isn’t illegal!” There are even claims that Benjamin Franklin ate there, perhaps even working on the first draft of the American Constitution at one of the Procope’s tables.

The list of 19th-century authors who came to Le Procope is impressive and lengthy and includes the poets Alfred de Musset and Théophile Gautier, born in 1810 and 1811 respectively, and Paul Verlaine who was a generation younger. The novelists Honoré de Balzac, George Sand and Victor Hugo, all born on the cusp of the 19th century, were known to be customers and it’s fascinating to speculate on whether they were inspired by the broad range of people they mixed with while dining to create their characters. Surely, they must have been?



When the restaurant closed its doors in 1897, it must have felt like the end of an era. And when it reopened in 1957, of course it made sense to lean heavily on its reputation as a grand literary café from the previous century. However, on the day I visited, I seemed to be the only person admiring the wealth of exhibits and historical treasures on show. The tables were full of customers enjoying the food and very much living in the moment. They were almost exclusively French as far as I could see, surely an affirmation of the quality of the cuisine and the civilized, yet relaxed atmosphere.

Whether you are in search of history or just hoping to find tasty, traditional French cuisine, you will not be disappointed. And if it's a combination of the two you seek, then really, I can't think of anywhere I would recommend more highly!

## **Le Procope**

13, Rue de l'Ancienne Comédie, 6th

Metro: Odéon

### **Menu Procope**

Monday-Saturday, 12 pm – 7 pm

Starter + main course OR main course + dessert: 26.50 €

3 courses: 33.50 €

### **Menu Philosophe**

Every evening from 7 pm and Sunday lunchtime

3 courses: 49 €



TOP

# Pâtisseries in Paris

BY EMILY DILLING

Paris is a city of excess, a place where long lunches, elaborate dinners, and another bottle of champagne are considered well-deserved pleasures and not once-in-awhile splurges. If you're in Paris for a limited time, double up on your decadence to soak up the joys of the French lifestyle. There's no better way to indulge yourself than by doing a tasting tour of Paris pâtisseries. Here are a few gourmand go-tos to add to your itinerary.



# L'Eclair de Génie

14 Rue Pavée, 75004

Unlike many classic French pastries, *éclairs* leave lots of room for surprises and innovation. Pastry chef Christophe Adam takes advantage of this liberty by producing a wide range of *éclairs* that embrace exciting flavor combinations. From fruity (blood orange, raspberry, strawberry) to more traditional (caramel, chocolate, pistachio) L'Eclair du Génie has something for everyone.

Tel: 01 42 77 85 11. Open 11 am- 7 pm Monday-Friday, and 10 am- 7:30 pm on the weekends. The shop was a runaway success, with other outlets now located around the city, including Galeries Lafayette Gourmet.





## Des Gateaux et du Pain

*63 Boulevard Pasteur, 75015*

Flans, *tartes*, and pastries of all kinds assure that Claire Damon's boutique will turn you into a kid in a cake shop. Fruity specialties which incorporate grapefruit, cherries, and other seasonal fruits make a trip to this 15th arrondissement bakery well worth the metro ride.

Tel: 01 45 38 94 16. Open daily from 9 am- 8 pm, except Sundays when the shop closes at 6 pm. Closed Tuesdays.



© Pierre Hermé

## Pierre Hermé

It's impossible to talk about Paris pastries without invoking the name Pierre Hermé. Well deserving of the buzz this pastry chef has created over the years, Hermé continues to surprise and delight with limited editions of his cherished macarons. Don't miss his signature *Ispahan macaron*, made with rose, raspberry, and litchi.

Boutique locations around the city, and also sold at fine gourmet stores.

## Du Pain et des Idées

34 Rue Yves Toudic, 75010

Commonly commended for the stellar *pain des amis* at this neighborhood bakery, Du Pain et des Idées is also home to lovely *escargots*— a sort of *pain au raisin* that substitutes raisins for other fun ingredients. The delightfully pink praline *escargot* and the bright green pistachio variety are particular favorites.

Tel: 01 42 40 44 52. Closed on the weekends.



# Comme à Lisbonne

37 Rue du Roi de Sicile, 75004



If you've had your fill of French fare, transport yourself to Portugal by visiting Comme à Lisbonne. The friendly owner of this centrally-located boutique sells his homeland's specialty *pastéis de nata* that even Portuguese expats swear by. Enjoy a warm *pastéis* on site or order in advance to have some to take home with you.

Tel: 07 61 23 42 30. Open 11 am- 7 pm. Closed Mondays.

# Mori Yoshida

*65 Avenue de Breteuil, 75007*

Intricate, colorful pastries await at Mori Yoshida's contemporary space in the 7th arrondissement. The Japanese pastry chef is stepping up the level of French pâtisseries. Combining French flavors with a Japanese flair for style, Yoshida blends texture and colors so skillfully that it's almost a shame to devour the delicate pastries. Almost.

Tel: 01 47 34 29 74. Open 10 am- 7:15 pm. Closed Mondays.





## Pain de Sucre

*14 Rue Rambuteau, 75003*

For an urban campfire experience head to Pain de Sucre where homemade multicolor marshmallows are served on a stick. The *Baba au Rhum* which receives its shot of alcohol through a plastic syringe and the square *tartes* are also quintessential classics of this favorite sweets showroom.

Tel: 01 45 74 68 92. Open 10 am- 8 pm. Closed Tuesday and Wednesday.

# Sadaharu Aoki

35 Rue de Vaugirard, 75006



Franco-Japanese fusion takes center stage at this bakery in the 6th arrondissement. Japanese ingredients such as matcha tea and azuki beans come in familiar French forms of *tartes* and *millefeuilles*, reinventing the way we see French pastry. In summer stop by for an ice cream sandwich or a refreshing lemon *tarte*. (There are other outposts throughout the city, including a boutique at Lafayette Gourmet.)

Tel: 01 45 44 48 90. Closed Monday.

# Pleincœur

64 Rue des Batignolles, 75017

At Pleincœur in Paris's Batignolles, chef Maxime Frédéric brings heartfelt Normandy roots to exquisite, elegant pastries. Each creation – a *charlotte pistache framboise*, *entremets noisette*, or *galette chocolat poire* – is crafted with both care and family spirit. The space is elegant yet warm, with farm-sourced ingredients and unforgettable flavors. Grab a treat and enjoy it across the street in the sunshine!

Open Monday to Sunday 8am – 8pm



# Wonderland Patisserie

208 Av. du Maine, 75014



If you are searching for extraordinary *pâtisseries* that treat the eyes as much as the tastebuds, then Wonderland Pâtisserie in the 14th is the place to go. The imagination of chef Rodolphe Groizard, who won the title of “Best Pâtissier of the East” in 2017, is a wonder and shines through as you browse the many treats on offer.

This pâtisserie offers breathtakingly intricate delicacies, such as “The Fantasia” – a carousel with three horses constructed with basil strawberry jam, chocolate mousse, salted caramel, grilled pistachios, and speculoos. It is hard to find another spot in Paris that provides such creative and delicious delights.

# Stohrer

51 Rue Montorgueil, 75002

Founded in 1730 by King Louis XV's pastry chef, Stohrer is the oldest patisserie in Paris and a living piece of culinary history. Located on rue Montorgueil, its ornate, landmarked interior matches its menu of timeless French classics, from rum babas (Stohrer's own invention) to rich flan, *éclairs*, and *vol-au-vent*. Still family-run and rooted in tradition, Stohrer continues to deliver elegance, heritage, and excellence with every bite. A must-visit.

Tel: +33142333820. Open 8am – 8.30pm.

Monday to Saturday. 8am – 8pm Sunday.



© Stohrer



© Pierre Monetta

## Ladurée Paris Royale

*16 Rue Royale, 75008*

Ladurée is one of the most iconic names in French pâtisserie, globally renowned for its pastel-hued *macarons* and elegant tea salons. The original location at 16 Rue Royale, opened in 1862 by Louis-Ernest Ladurée, is where it all began. This historic site is not only the birthplace of Ladurée's first tea room but also a cornerstone of Parisian café culture. Refined, romantic, and indulgent, it remains a must-visit for the true Ladurée experience.

Open 9am – 6pm Monday to Saturday. 9.30am – 6pm Sunday.  
Other Ladurée locations can be found on their website.

# 7 IRRESISTIBLE PASTRIES TO TRY IN PARIS



## PARIS-BREST

Choux pastry filled with rich praline-flavored cream



## ÉCLAIR

Light, choux-filled with cream and topped with icing



## MACARON

Delicate almond meringue sandwich with creamy filling



## GÂTEAU OPÉRA

Layers of almond sponge cake soaked in coffee syrup



## TARTE AU CITRON

Crisp, buttery pastry with tangy lemon curd



## MILLEFEUILLE

Layers of puff pastry and cream



## ST. HONORÉ

Puff pastry with cream puffs dipped in caramel



# Gluten-Free in Paris

## WHERE TO FIND THE BEST PASTRIES



### Copains

€10-€20

A minimalist affair with fresh baked goods such as croissants, baguettes, pastries, cakes, and much more – there's a reason Copains is the most famous gluten-free bakery in Paris.

### Chambelland

€10-€20

No visit to Chambelland is complete without trying the Marquise de Popincourt, named after its native Parisian village; it wears its charm lightly – flaky, golden, effortlessly elegant. A dairy free tart, with a rich tangy lemon centre topped with a lightly browned meringue.



### Maison Plume

€10-€30

Everything is gluten and sugar free yet the pastries are still sweet and the portions are extremely generous. Their vanilla flan is incredibly light and creamy, whilst their lemon bergamot cheesecake is rich and airy.





© Ducasse Paris

# TOP 10 CULINARY SCHOOLS IN PARIS

BY MARGARET KEMP



© Pierre Monetta

**H**igh on the wish list for many travelers to Paris is taking a cooking class. What a great idea: learning to cook (or honing your skills) in this world culinary capital! Either book a course, or drop a large hint that this is what you really, really want for a birthday or anniversary gift. To avoid disappointment try to book well in advance; there's often only room on the wait lists. Here are some of our top picks for culinary schools in Paris.

## École de Cuisine Alain Ducasse



Originally launched in 1999. “We must open our doors to all cooking enthusiasts and let them get to know, try and understand where the delicious food served to them comes from,” explains Alain Ducasse. In a beautiful private townhouse, near Passy, with wine cellar, boutique, Miele and Perene state-of-the-art equipped kitchens and sunny patio, ECAD offers courses for the whole family– there’s even classes for families to cook together. Other programs include pastry, cooking like a three-star chef, healthy cooking, and so much more. Gift certificates make a great gift for your nearest and dearest. Note that all classes are in French except for a special category of “Cooking Classes in English,” which include “Bistro Cuisine” and a one-day “Market & Cooking.”

Wine tasting sessions from around 129€, classes start at 159€.  
64 Rue Ranelagh, 75016. Tel:+ 33 1 44 90 91 00.

# Le Cordon Bleu



Created in 1895, this prestigious culinary school now offers a network of more than 50 schools on five continents enrolling 20,000 students annually. Each school offers its own list of culinary short courses and demonstrations. Facing the Seine in the 15th arrondissement, the Paris headquarters is housed in a state-of-the-art building with rooftop herb gardens and Le Café Cordon Bleu. Since November 2023, Le Cordon Bleu has offered additional courses inside the Hotel de la Marine, the magnificent historic monument-museum on the Place de la Concorde.

Short-term workshop options include: Choux Pastry (€180, 2.5 hours), From Market to Plate: A Taste of Paris (€290, 5.5 hours), Make Your Own Bread (€290, 5.5 hours), The Art of Sauces (€270, 5.5 hours), Les Petits Cordon Bleu for 8-12 years (€99, 2.5 hours) etc. Most classes/demonstrations include English translations and gift vouchers are available. Workshops are planned to give students as much exposure as possible to the working environment of a professional kitchen, all necessary ingredients and equipment are provided, including aprons and tea towels.

3-15 Quai André Citroën, 75015. Tel: + 33 1 85 65 15 00



## On Rue Tatin with Susan Herrmann Loomis

Recommended by culinary icon Patricia Wells, who retired from teaching Paris cooking classes a few years ago, Loomis is a beloved culinary author and educator who taught classes out of her Normandy home. Since its sale, she's transplanted her school to her Paris cooking studio. She offers hands-on, small group classes over one or three days that get rave reviews. Private classes are also available. Dishes are authentic and traditional, with recipes changing based on the season.

## Ritz-Escoffier Cookery School

Relaunched when The Ritz, Paris, reopened after a fab, four-year, \$220 million refurbishment in 2016. Escoffier helped transform 19th-century kitchens into respectable places to work. He banned smoking and drinking and even asked a French doctor to develop a healthy barley drink to relieve the unbearable heat of the kitchen. “The toque/hat and neckerchief were introduced to prevent sweat from dropping into the preparations,” explained former executive chef Nicolas Sale. (The head chef at the Espadon restaurant in the Ritz Paris is now Eugénie Béziat.) Most importantly, Escoffier brought a sense of calm and order to the kitchen; his cookbook, *Le Guide Culinaire*, is still considered the go-to cookery manual for many chefs today. Whichever course you choose or offer a gift certificate, there’s no doubt some of The Ritz magic will rub off. Escoffier left a legacy of culinary writings and recipes that are indispensable to modern cooks. And, here’s a tip, when you’re piping – don’t be afraid to hold your breath!



15 Place Vendôme, 75001. Tel: +33 1 43 16 30 50.

Email: [ecole@ritzparis.com](mailto:ecole@ritzparis.com)

## École Lenôtre

Established by the late Gaston Lenôtre, this culinary school boasts a star-studded cast of professionals such as ex-Ritz chef Michel Roth, Sommelier Oliver Poussier and Guy Krenzer (Double Meilleur Ouvrier de France). Located since 2021 in Rungis (the world's largest wholesale market outside Paris), the school offers classes and longer formations for both amateurs and trained chefs. One of the most popular is "Cooking from Rungis Market to Table," a day-long class that costs 370 euros.

9 Rue de Villeneuve, 94150 Rungis. Tel: + 33 (0)1 86 93 04 00



## La Cuisine Paris



La Cuisine Paris doesn't just offer fabulous cooking classes; they also escort city food tours introducing students to various city districts and their foodie-adored addresses. The “market tour and cooking class” (€189) offers you the opportunity to discover the secrets of the local street markets (Maubert, Monge or Bastille Markets) then cook a mouthwatering multi-course meal back at the school. Croissant and macaron classes also fill up fast. The gift voucher makes a fabulous present. English spoken.

80 Quai de l'Hôtel de Ville, 75004. Tel: + 33 1 40 51 78 18

## Chef Martial

This Meilleur Ouvrier de France (MOF) has worked with the greats (Le Royal Monceau, Lucas Carton, Le Crillon) but he loves to teach, share, pass on his knowledge. His kitchen is near the picturesque Place des Vosges in the heart of the Marais. The team are most welcoming and will plan courses, in English, to suit you; call them to discuss. Buy products at the nearby Marché des Enfants-Rouges and then transform them into a delicious three course meal; pop in for a Saturday morning brunch; there are so many possibilities that take place around chef Martial's wide wooden table. "Change the world while eating a delicious dish," is his mantra. Chef Martial arranges courses on request as the office stays open year-round. "The world is your lobster!" he says.

80 Rue des Tournelles, 75003. Tel: + 33 1 44 54 02 18

## Le Foodist

An incredibly popular option for English speakers in Paris, Le Foodist offers hands-on culinary experiences at its culinary school on the Left Bank. There are pastry and baking classes but perhaps the most talked-about is the morning market class, where you get to browse a Latin Quarter market before bringing the ingredients back to cook, followed by lunch paired with wine. The max is 12 people for that experience, priced at 229 euros per person.

59 Rue du Cardinal Lemoine, 75005. Tel+ (+33) 6-71-70-95-22

# Chefsquare



Natacha Burtinovic founded Chefsquare to allow professional chefs to share their know-how in an environment close to everyday life. The concept grew, expanded to Lyon, and is now known as Chefsquare. Notably Chefsquare was the first cooking school to become part of Ecotable, utilizing organic produce from local producers, prioritizing zero-waste solutions, and incorporating vegetarianism and veganism in their classes. It's now B Corp certified. Choose from multiple locations in Paris, including a former artist's studio at 40 Rue Sedaine in the 11th, and a spot near Les Halles (the "belly of Paris"); Atelier Beaubourg is situated at 10 Rue du Bourg l'Abbé in the 3rd. There's a wide array of classes and immersive culinary experiences, including Korean cuisine (€72) and Pizza Party (€72).

## Les Coulisses du Chef

Created by chef Olivier Berté, this cooking workshop takes place in a handsome *hôtel particulier*. Groups are limited to eight-10 people and menus are themed by season, with market visits, pastry workshops, etc. Learn how to construct a full dinner– with starter, main and dessert– and then eat it with the chef, washed down with lots of wine! Want to learn the mysteries of molecular cuisine? It's here (€100). If you love cooking and traveling, chef Berté also organizes unique three-day trips for up to 10, to, say, southern Morocco or Krakow, Poland, with visits to the market, restaurants, Chopin's house, and more.

English spoken. 7 Rue Paul Lelong, 75002. Tel: + 33 1 40 26 1400.



# BONUS

## Chef Guy Martin

Chef tells us: “I sold my school but I’m still offering private lessons, depending on requests. The prices are based on where I cook and also the number of people and number of days. I have requests from Asia, USA, and of course in France.” Who wouldn’t want to cook like superchef Guy Martin, behind the magical Le Grand Véfour in central Paris?

Contact him by email on: [gm@chefguymartin.fr](mailto:gm@chefguymartin.fr)



© Jérôme Mondière



© Isaac Ichou

# Chef H el ene Darroze's

## PERFECT DAY OF DINING IN PARIS

BY EMILY MONACO

**C**hef Hélène Darroze needs no introduction for French foodies: A juror on French Top Chef for nearly a decade, Darroze boasts six Michelin stars across three of her five restaurants in Paris and London, and was admitted into the French Legion of Honor in 2012. She even served as the inspiration for Colette in Disney's *Ratatouille* – albeit one look at the smiling, flaxen-haired chef makes it clear she was emulated far more for her culinary talent than for any short-temperedness.

Whilst Darroze's CV is certainly impressive, these days, the chef spends most of her time dining, not at luxe restaurants, but rather in her local 6th arrondissement, accompanied by her two daughters, who, she says, are major Caesar salad fans. Their favorite is the one from Georgette, which overlooks a pretty square on the Rue d'Assas. "We go mostly in summer," says Darroze. "They don't have it in the winter. But we go in the winter, too!"



© Nicolas-Buisson

Darroze's ideal day of dining in Paris starts, of course, with breakfast – specifically the viennoiseries from Bread & Roses, which she sends her girls out to fetch.

“They're all good,” she says of the breakfast pastries. “But I've got a little bit of a weakness for the *pain aux raisins*.”

She also loves the baguette at this boulangerie, which she pairs with jams from Christine Ferber and a cup of her favorite genmaicha tea, which she gets from Japanese tea house Jugetsudo – the cornerstone, she says, of family breakfasts at home.



© stu\_spivack / Flickr

If she's looking for something a bit lighter, she heads, instead, to Judy, a gluten-free, self-described “qualitarian” café that Darroze characterizes as being “a bit more of its time, a bit more vegetal.” The juices, she says, are excellent. “I go mainly for those. And mainly when I'm doing a bit of a detox.”

Come lunchtime, she and her daughters love to head out for a Saturday lunch at one of their favorite neighborhood staples. “We've got a bunch of spots,” she says, evoking among them Yen for soba noodles, Ha Noi 1988 for Vietnamese, or Takuto, a no-reservations sushi spot steps from Saint-Germain-des-Près.

While Darroze's choice of *cantine* these days typically leans Asian-inspired, this was not always the case. When she first began splitting her time between Paris and London 15 years ago, she was pleasantly overwhelmed by choice in top-quality international offerings in the British capital – and disappointed, by comparison, by what she found in Paris.

“I feel like by comparison, we were really lagging behind,” she muses. “I feel like now we're starting to catch up, and I really like that.”

Of course, she and her daughters don't always dine out. When she's cooking at home, Darroze of course



© Isaac Ichou

sources only the best ingredients, starting off at the Raspail market. She's quick to note that unlike most Parisians, she doesn't head there on Sundays for the organic stands. Instead, you'll find her there on Tuesdays and Fridays, where right around Rue de Rennes, Patricia Dondaine sells "marvelous vegetables," she says. "We pretty much get all of our vegetables from her." Just across the way, she's recently discovered a great poultry producer, and when it comes to cheese, she loves heading to Chez Alexandre – which grants her the chance to give into her sweet tooth and grab a gorgeous sorbet-stuffed fruit from Fruttini. "We eat a lot of those," she laughs.



© Tristan Ferne / Flickr

Of course, these aren't the only sweet treats she loves. When she's not digging into the cherry, cardamom, and pistachio tart from Pierre Hermé, she's picking up citrus cakes or fruit tarts from Des Gâteaux et du Pain.

“In winter, Claire [Damon] makes an apple tart that’s just killer,” she says. “A little bit of a rustic pastry, but there you go.”

Come dinnertime, Darroze loves to support former Top Chef contestants like Mallory Gabsi or Pierre Chomet, who owns Ambos with his wife Cristina. “I brought some of my collaborators there the other day,” she says. “It’s really very nice.”



She's also got a major soft spot for Café des Ministères, a 7th arrondissement restaurant shining a light on some long-forgotten French classics like monumental stuffed cabbage or puff pastry vol au vent stuffed with sweetbreads and creamy gravy. It's her favorite place to go for French classics, which she's got a major soft spot for, whether it's egg mimosa, French onion soup, or leek vinaigrette. "I like everything," she says. "As long as the ingredients are good and it's well prepared and flavorful, I like any bistro dish. Except celery remoulade."

Indeed, despite the international leanings of her lunchtime faves and her own flair for the avant-garde, as with the tandoori-spiced lobster that's become the menu signature at her Michelin-starred Marsan, Darroze believes that Paris' true strength lies in its adherence to tradition.




"I think its bistros and brasseries are different from any you'd find anywhere else," she says. "There's a big trend of French bistros and brasseries abroad. But I don't think they'll ever get to the level of these ones."



© Pat Guiney / Flickr



# Your guide to THE MICHELIN GUIDE

## WHAT DO THE STARS MEAN?

-  A very good restaurant in its category
-  Excellent cooking, worth a detour
-  Exceptional cuisine, worth a special journey

## OTHER SPECIAL AWARDS



-  Bib Gourmand: Good quality, good value cooking
-  Sustainable gastronomy, eco-conscious chefs

## INTERESTING FACTS

- Started in 1900 as a free motoring guide to sell tires
- Inspectors eat anonymously and pay their own bills
- Paris has the second most Michelin stars (160)
- Tokyo has the most with 251 Michelin stars





© 20 Eiffel

# 11 AFFORDABLE MICHELIN RESTAURANTS

BY ELINOR SHERIDAN

**L**ooking to enjoy world-class dining in Paris without blowing your budget? While the French capital is famous for its haute cuisine and Michelin-starred extravagance, there's a surprising number of affordable gems that prove fine dining doesn't have to come with a luxury price tag.

Whether you're craving rustic French classics, sun-soaked Mediterranean flavors, or creative modern bistro fare, these 11 Michelin-recognized Bib Gourmand restaurants serve up exquisite meals at lunchtime, often for under €40.



# 1. La Méditerranée

*2 Place de l'Odéon, 6th arrondissement*

*~ €35-42 at lunchtime*

La Méditerranée has been a fixture of Left Bank dining since it was founded in 1942. Jean Cocteau was involved in the restaurant's design, and the vibrant murals that still grace the interior were painted by celebrated artist Christian Bérard. With its rich artistic heritage and prime location opposite the Odéon Theatre, La Méditerranée continues to charm diners with its relaxed elegance and Mediterranean-inspired cuisine.

Michelin says: "The frescoes evoke the Mediterranean in this restaurant opposite the historic Odéon Theatre. The maritime inspired cuisine, in which particular attention is paid to first-class ingredients, is influenced by the sunny South of France. House specialties include bouillabaisse, carpaccio of seabass, honey-glazed seabream... Affordable menu, pricier à la carte offering."



## 2. Auberge Pyrénées Cévennes

*106 Rue de la Folie-Méricourt, 11th arrondissement*

*~ €39 at lunchtime*

Tucked away on rue de la Folie-Méricourt, Auberge Pyrénées Cévennes has been serving classic French fare for over a century. This unpretentious, much-loved bistro has retained its old-world charm, with wood-panelled walls, white tablecloths and a warm, convivial atmosphere.

Michelin says: “Chef Pierre Négrevergne is really flourishing in this house that is over 100 years old. He delights diners with his tasty “grandmother’s” cooking, which highlights French gastronomic heritage (home-made terrine, blanquette de veau à l’ancienne and grilled rice, millefeuille), served in generous portions. It is still a treat to eat here.”



### 3. Baca'v par Gilles Choukroun

*2 Place de l'Odéon, 6th arrondissement*

*~ €35-42 at lunchtime*



Baca'v is a tribute to the traditional Parisian bistro. Known for pushing culinary boundaries in the early 2000s, Chef Choukroun brings his creative energy to a more grounded setting, offering dishes rooted in comfort and generosity. The blackboard menu changes regularly and reflects a love for robust, old-school flavors.

Michelin says: “Indulgence and good wine: Gilles Choukroun has taken his friend Émile Cotte’s motto and made it his own! In the lively atmosphere of a Parisian bistro, he serves up his generous take on hearty bistro classics: marinated herring and potato salad; calf’s head, tongue and brains in sauce ravigote; floating island with praline and crème anglaise... Appealing menu-carte on the blackboard.”



## 4. Double Dragon

*52 Rue Saint-Maur, 11th arrondissement*

*~ €36 at lunchtime*

Double Dragon brings bold, pan-Asian flavors to the Paris dining scene with a playful, high-energy twist. Run by two sisters, the restaurant takes inspiration from their multicultural roots, serving colorful and spicy dishes.

Michelin says: “In this friendly “Asian canteen”, sisters Katia and Tatiana Levha offer simple dishes of mixed inspiration (China, Philippines, Thailand etc) in an upgraded “street food” vein. This is cooking that is full of character, with pronounced flavors, and often deliciously spicy. A fun experience and tasty fare.”

## 5. Caillebotte

*8 Rue Hippolyte-Lebas, 9th arrondissement*

*~ €23-43 at lunchtime*

Caillebotte offers a refined yet unfussy take on modern French dining. The kitchen puts seasonal vegetables and precise technique at the heart of its ever-evolving menu. With its pared-back interior and relaxed service, Caillebotte strikes a confident balance between neighborhood bistro and contemporary dining spot, making it a favorite for those seeking something quietly original.

Michelin says: “Chef Franck Baranger crafts fresh, meticulously modern dishes, the secret of which only he holds. A few examples: onion tartlet, confit of egg yolk, violet mustard and an emulsion of thyme and bacon; cabbage stuffed with mushrooms, salad of Brussel sprouts, vegetable gravy... A casual, friendly vibe provides the perfect foil to a distinctive, appetising and colorful culinary tapestry.”



© Caillebotte



## 6. Capsule

*2 Rue Cassini, 14th arrondissement*

*~ €23-28 at lunchtime*



Vintage lighting, glossy green banquettes and an open kitchen create an atmosphere that feels both curated and casual. The menu leans into comfort, offering unfussy, well-executed dishes rooted in home-style cooking.

Michelin says: “On the ground floor of a handsome Haussmann building, this bistro exudes Parisian charm: at the entrance, a few places at the convivial bar and a handful of tables; to the rear, a retro-chic space (snazzy green imitation leather banquettes, white walls, vintage hanging lamps) and an open kitchen reminiscent of – you guessed it – a capsule. The chef’s comforting home cooking may be simple, but it is precisely executed using fresh ingredients. The roast chicken jus is quite something! The floating island with salted butter caramel and roasted almonds confirm that the proof is in the pudding.”

## 7. Jouvence

*172bis Rue du Faubourg-Saint-Antoine, 12th arrondissement*

*~ €23-28 at lunchtime*

Jouvence combines vintage charm with a distinctly contemporary approach to cooking. The space, once an old apothecary, retains its original character, creating a warm and slightly nostalgic backdrop for a menu that focuses on freshness and flavor.

Michelin says: “Not far from rue de Cîteaux, this restaurant in an apothecary-style shop dating back to the 1900s is not merely aesthetically pleasing. It serves modern cuisine packed with quality ingredients: scallop ceviche, fine Angus beef entrecôte... The chef knows how to draw out flavors with a generous touch, and the service is attentive.”



## 8. Le Tire-Bouchon Rodier

47 Rue Rodier, 9th arrondissement

~ €21-26 at lunchtime

Le Tire-Bouchon Rodier is chef Marc Favier's take on the modern Parisian wine bar. With its lively counter, laid-back energy and focus on shared plates, the restaurant invites a relaxed, sociable kind of dining. Favier's menu, made up of small, boldly flavored dishes he calls *picorages*, shifts with the seasons and his own creative impulses.

Michelin says: "This restaurant taken over by Marc Favier embodies the spirit of a convivial wine bar, with its counter and tables conducive to sharing. The "picorages" (the term coined by the chef for his dishes) evolve according to the chef's inspiration and the names alone will make your mouth water: veal sweetbread fricassée with button mushrooms and vin jaune; kabocha gnocchi, Vieille Mimolette cheese and curry; brioche perdu, salted butter caramel and cream. Cooked with top-notch ingredients, the comforting and generous dishes are mostly inspired by traditional fare. The already extensive wine list is constantly being expanded."



## 9. Les Canailles Pigalle

25 Rue La Bruyère, 9th arrondissement

~ €39-45 at lunchtime



Les Canailles is a polished yet unpretentious bistro run by two Breton chefs with serious culinary pedigree. The menu champions seasonal produce and classic French recipes, reimagined with care and a touch of flair.

Michelin says: “This pleasant restaurant was opened by a pair from Brittany who can boast impressive culinary backgrounds. Here, the name of the game is bistronomy and seasonal recipes. Specialities include beef tongue carpaccio with ravigote sauce, and rum baba with whipped vanilla cream – a real treat! Tip: if the restaurant is full, go to Le Comptoir Canaille, just a few doors down, where they serve more contemporary cuisine.”

## 10. Le Radis Beurre

*51 Boulevard Garibaldi, 15th arrondissement*

*~ €37-45 at lunchtime*

Le Radis Beurre is a relaxed, welcoming spot that feels made for long lunches and good company. Chef Jérôme Bonnet draws on his southern French roots to create generous, flavorful dishes that lean into comfort without losing finesse.

Michelin says: “Diners are drawn here by the warm welcome, the buzzing atmosphere, the appetising menu written on a large blackboard and, above all, by the tasty, well-crafted cuisine of chef Jérôme Bonnet. His cooking is influenced by his origins – the South of France – as one can see in dishes such as the appetising shoulder of suckling pig sautéed in a pan with Tarbais beans au jus and roasted vegetables, or the excellent riz au lait with salt crystal dulce de leche. This place is all about comfort food simmering on the stove. A real favorite, and the ideal place to celebrate with friends!”



## 11. 20 Eiffel

*20 Rue de Monttessuy, 7th arrondissement*

*~ €27-38 at lunchtime*



Bright and simply decorated, the dining room lets the food take centre stage. In the kitchen, a duo of chefs puts together a seasonal menu of modern French dishes that keep things unfussy but full of flavor. If you're lucky enough to sit outside you'll get a great view of the Eiffel Tower.

Michelin says: "In a quiet street a stone's throw from the Eiffel Tower, this restaurant offers an understated interior full of light. On the menu, you can choose from a range of updated dishes, prepared by two chefs, all of which place the focus on flavor and taste. For example, a delicious fillet of wild Pollock with squash."

## 9 RULES OF RESTAURANT DINING

Be on time and honor your reservation

Dress with quiet elegance

A bonjour goes a long way, as does eye contact

Don't snap, wave, or whistle

Put your phone away

Be decisive when ordering

Keep your voice to a conversational hum

Don't rush the meal, enjoy it

A tip is appreciated but not compulsory

By Margaret Kemp



© Shutterstock

YOUR EVERYTHING GUIDE TO  
**Paris Street Food**

BY EMILY MONACO



**N**ew York is synonymous with its hot dog carts; Italy has cones of deep-fried seafood tailor-made for walking; Osaka is beloved for its fried takoyaki. But in Paris, street food is far from the norm. Pizza is sold in pies made for eating with a fork and knife, and even burgers, while omnipresent, are more likely to be found on bistro menus than drive-thru windows. As for native street food options, it's hard to think of anything aside from the roasted chestnuts sold under the stone archways of the Louvre.

This wasn't always the case. According to Patrick Rambourg, culinary historian and author of *Histoire du Paris gastronomique – Du Moyen Age à nos jours*, medieval Paris was rife with roving

cooks selling pastry-wrapped meat pies out of rolling carts, and gastronomy guide Allison Zinder cites concurrent rissoles, “a savory turnover stuffed with either meat or fish and then fried,” she says. “Almost like what we call a pasty in Great Britain.” Paris’ oldest bridge was once home to peddlers of early French fries dubbed *pommes pont-neuf*, and these, according to Rambourg, were available well through the 18th century.



But these days, street food options are thin on the ground. While massive paella pans sizzle with rice and seafood at weekly *marchés*, portions are packaged to eat at home. And while some festivals like the Fête des Vendanges de Montmartre or Rock en Seine boast *tartiflette* or grilled hot dogs for enjoying on the go, these are an anomaly.

“I don’t think street food is in our culture,” muses culinary journalist Stéphane Méjanès, who notes that the gastronomic French meal as recognized by UNESCO is a structured, sit-down meal of many courses, enjoyed on plates and at a table. “I think that sincerely, culturally, we are not a street food country.”

For the most part, Paris’ street food scene has indeed come from elsewhere. Crêpes may well have been the first arrival on the capital’s culinary landscape. The 19th century arrival of train travel from Brittany saw a proliferation of Bretons in Paris, and soon, the neighborhood around Montparnasse train station was dotted with crêperies. While in many cases, crêpes and galettes are eaten seated, a long-held Rennes tradition of galette-saucisse, a sausage wrapped in a buckwheat crêpe, may well have inspired the now commonplace practice of taking galettes to go.



Perhaps the most democratized street food in Paris today is the *kébab*, which first arrived in France in the 1980s with a wave of Turkish immigration. Today, the *kébab* is as French as the baguette, with 250 million *kébabs* consumed nationwide in 2008 alone.

It was in 2011 that food trucks arrived in Paris thanks to Le Camion Qui Fume, which pioneered the gourmet burger to go, though this trend never took off quite as well as in cities like Montreal or Portland. This, according to Rambourg, is partially due to the intense regulations governing where and when such establishments can be open.

“I mean maybe we’re talking about a year and a half, two years before they all either closed up, only did events, or opened actual, physical spaces,” recalls journalist Lindsey Tramuta, author of *The New Paris*, *The New Parisienne* and the *Eater Guide to Paris*.

More recently, with the rise in street food’s popularity around the world, a social media-driven frenzy of *la street food* overwhelmed Paris with all sorts of concept-driven offerings, from international imports like banh mi and tacos to maximalist creations like croque monsieurs and cordons bleu reimaged to go.

A few true-blue street food offerings do nevertheless exist in Paris, chief among them the humble *jambon-beurre* you’ll find at nearly every local boulangerie. Whether deeply rooted in French flavors or arrivals from far-flung lands, here are some of our favorite street food options in Paris today.

## Chez Aline

*85 Rue de la Roquette, 75011 Paris*

You can find a decent baguette sandwich at nearly every bakery in Paris, but if you want a great one, go to Chez Aline. This former horse butchery was first converted into a top-notch sandwich counter by Delphine Zampetti, and it's just as excellent since Tiphaine Moindrot took the reins. The ham-and-butter with Prince of Paris ham is tough to beat, but the Spanish-style tortilla with chorizo is also excellent.



## Chez Ibo

*218 Rue Saint-Maur, 75010 Paris*

Paris is home to countless *kébab* shops, but this one is a step above the rest. The current owners are brothers who inherited the shop from their father, who founded it back in the '80s after working in the business since 1964. A combo of veal and lamb is cooked until crispy and caramelized before being piled onto baguette customers grab at the bakery across the street for the freshest sandwich possible.

## Plan D

*22 Rue des Vinaigriers, 75010 Paris*

For a generous, moreish plant-based sambo, head to Plan D, where an ever-changing menu boasts two colorful, seasonal sandwiches at a time. The “Brun” features a chicken-fried portobello mushroom with pepper sauce, onion-mushroom compote, and roasted Jerusalem artichoke, while the “Violet” sees purple potato croquette seasoned with sumac-spiked mayo, crisp red cabbage salad, Chioggia beet carpaccio and harissa secret sauce.



## Chez Alain Miam Miam

*26 Rue Charlot, 75003 Paris*

A stalwart of Paris' oldest covered market, Chez Alain is a crêperie to be reckoned with. These overstuffed galettes look more like burritos than their demure Breton cousins, stuffed with your choice of cheese, charcuterie, and fresh veg. The line is always massive, but it's well worth the wait.

## Le Cèdre

*6 Rue Mouffetard, 75005 Paris*

This tiny Lebanese restaurant offers a short list of excellent sandwiches, including a truly top-notch chicken shawarma with pickles, creamy garlic sauce, and sautéed potatoes bundled in a flatbread blanket. Get the sandwich on its own or add two mezzes like hummus, stuffed grape leaves, marinated sheep's milk cheese, or chicken liver with pomegranate.



## L'As du Falafel

*34 Rue des Rosiers, 75003 Paris*

It's probably illegal to make a list of the best street food in Paris without a mention of this spot in the heart of the Marais. Founded in 1979, l'As is still going strong, with lines out the door every day. Luckily, they move quickly given the efficient ordering policy: Your order is taken – and paid for – while you queue, so when you make it to the window, all you need to decide is if you want hot sauce. (You do.) The falafel is tasty and fresh, but the tender fried eggplant is the sleeper hit of this sambo. The shop is closed for Shabbos from Friday night to Saturday.



## Le Daily Syrien

*55 Rue du Faubourg Saint-Denis,  
75010 Paris*

Vying for a tie for Paris' best falafel with its far more famous cousin is Le Daily Syrien. Instead of the soft pita pocket preferred at l'As, here you'll find your crisp falafel wrapped in a thin saj; alongside the falafel and hummus, you'll find not just eggplant but cauliflower and pickled turnip. And if falafel isn't your jam, you'll also find kebbé, shawarma, moussaka, and more.

## Nonette

71 Rue Jean-Pierre Timbaud, 75011 Paris



This little storefront in the 11th knows what it's about. Nonette's famous *banh mi* start with Vietnamese-style baguette with top-notch French butter and your choice of fillings, from lemongrass-infused roast chicken to house-made charcuterie. Vegans will go gaga over the tender sautéed aubergines with plant-based mayo. Be sure to snag a donut for dessert: Fillings range from lemon-meringue or cinnamon to pork floss or the house-made kaya, a nod to the co-founder's Singaporean origins.



## Urfa Dürüm

*58 Rue du Faubourg Saint-Denis, 75010 Paris*

This Kurdish spot has been a street food go-to for over 30 years, beloved for its Turkish flatbreads topped with your choice of beef, chicken, or lamb, cooked over a wood fire until smoky but still resolutely juicy. The meat and bread are topped with tomato, onion, and herbs for a smoky, satisfying sandwich that needs no sauce to reach the pinnacle of perfection.

# Mamiche

45 Rue Condorcet, 75009 Paris



At Mamiche, the simple baguette sandwiches you'll find at most boulangeries are supplanted by other creations, like a chicken club with fresh tomato and lettuce on house-made sandwich bread, le Petit Niçois with tuna and *frisée* on a fluffy roll, or the most savory sardine *rillettes* on slices of grainy loaf. Be sure to snag a donut for dessert!

# Olga

3 Rue Michel Chasles, 75012 Paris

True turophiles (read: cheese lovers) should waste no time in hitting up Olga, a tiny cheese shop steps from Gare de Lyon that's become known for its lunchtime sandwich creations. Discover the daily recipe, which changes with the seasons and may include dry and fresh goat cheeses paired with spring onion chutney, spring garlic-infused *tomme* with carrot pickles, or *bleu d'Auvergne* and preserved cherries.



© Olga



## Coupi Bar

*48 Avenue de la Porte d'Ivry, 75013*

This “street kitchen” at the southern limit of the city is beloved for its banh mi, which may be filled with pâté and Vietnamese sausage, breaded and fried tofu, karaage-style chicken, and more. But they also go off-book with a fusion taco filled with barbecue and peanut sauces and the meat of your choice. Don’t miss the Ice Coupi, a double espresso with condensed milk and cinnamon, served over ice.

# Homer

*21 Rue Rambuteau, 75004 Paris*

American-style lobster rolls get the vaguest of French twists at this spot in the Marais, where French blue lobster is piled onto buttery brioche and served with your choice of house-made mayo, Old Bay-spiked guac, or Peruvian pepper. Pay a bit extra for a Connecticut-style version with hot lemon butter. The quality of the ingredients really shines here; it's no wonder they were named "celebrity favorite" at the World Lobster Roll Championship – in Portland, Maine, no less.



## Père et Fish

*67 Rue du Faubourg Poissonnière, 75009 Paris*

Say what you will about the Brits: They know how to make a standout fish and chips. And while most Parisian iterations are sorely lacking in both flavor and crunch, at Père et Fish, you'll have no such complaints. Here, responsibly sourced pollack is coated in a ginger-spiked batter and fried until shatteringly crisp and a deep mahogany brown. This spot also makes a killer fishburger, whether it's the Cheddar, with panko-coated pollack topped with cheese, tartare sauce, and pickles, or the Spicy, with battered-and-fried fish smothered in a spicy glaze and sriracha mayo.





## Caractère de Cochon

*42 Rue Charlot, 75003 Paris*

This storefront may look like a simple charcuterie shop, but come lunchtime, the meal deal is a must. Choose from the expertly sourced hams and salamis here to make your own sandwich, served hot or cold, with or without cheese. (And be sure to take home a truffle- and parmesan-coated hockey puck of saucisson for your dinner.)

# El Nopal

*3 Rue Eugène Varlin, 75010 Paris*

Paris' first taqueria is still its best. Since 2010, this little storefront has been making some of the tastiest tacos you're liable to try this side of the Atlantic – and since the Canal is just steps away, you won't have to take them far to sit down before digging in. The birria, long a secret menu staple, has finally joined the permanent weekend offering, but fillings may also include slow-cooked cochinita pibil or excellent chicharron.



© El Nopal



# MY EXPERIENCE Being Vegetarian in Paris

BY JILL AMARI

I decided to go vegetarian about five years ago, when I was a sophomore in college. At the time, the choice was made mostly out of necessity: the meat and seafood available at school weren't the best, and I'd noticed that whenever I ate something non-vegetarian, I usually didn't feel well afterwards. In addition, as the president of my university's Environmental Club, I wanted to set a good example by decreasing the amount of meat and fish I ate per week, as these industries are very polluting and harm biodiversity. Both my mental and physical health have improved since I went vegetarian. However, being vegetarian in France can be different from being one in the U.S. France is a bit behind the American food scene when it comes to the availability of vegetarian options in restaurants and vegan/vegetarian alternatives to meat, but every year shows improvement in both the French mindset and accessibility of vegetarian-friendly foods.



© Be&amp;Mie

Luckily, most restaurants in Paris, where I now call home, offer vegetarian options, whether they be crêpes, salads and soups, or veggie burgers. While it can still be difficult to convince people that, really, I don't eat meat, I've noticed that this happens less in Paris and more in rural parts of the country. In addition, I sometimes have to explain what I do and don't eat, as words like "vegetarian," "vegan," and "pescetarian" can easily get mixed up.

For vegetarians who find themselves in a traditional French restaurant that doesn't list any vegetarian menu items, note that many restaurants are flexible these days and understand that people have dietary restrictions. My recommendation is to ask about any ingredients you don't recognize, and don't be afraid to ask for some vegetarian side dishes to make up a full meal.



© Carl Campbell / Flickr

In addition, some meals that are not listed on the menu can still be made using the ingredients the restaurant already has, such as ratatouille or French onion soup. If you're looking for a healthier option, ask for a salad without the chicken, meat, or fish that's listed on the menu. As a last resort, look up nearby vegetarian options on UberEats or your preferred meal delivery app.

In my own experience, here are some of my favorite vegetarian-friendly restaurants and brands in Paris.

## Vegetarian-friendly restaurants for lunch or dinner



### Le Paradis du Fruit

Everything about this restaurant is colorful – from the decor, to the menu, to the dishes themselves. Fruit and vegetables never looked so good! With a wide range of homemade, healthy juices and bubbly drinks, along with several vegetarian food options, Le Paradis du Fruit remains one of my favorite restaurants.



© Le Paradis du Fruit

## La REcyclerie

Featured as one of my top five sustainable stores in Paris, La REcyclerie doesn't disappoint with their vegetarian-friendly restaurant. Their products are fresh, local, and seasonal, and they compost their food waste. 50% of their menu is vegetarian at all times, with some days scheduled as 100% vegetarian.

## Mister Garden

Mister Garden is the only salad bar I've found in Paris (so far). They offer a wide range of vegetables, cheeses, and other salad accoutrements in an American-style salad bar. In addition, they strive to reduce their waste and to choose eco-responsible ingredients and practices.

# Vegetarian-friendly restaurants for any time of day

## Chez Suzette

Crêpes and galettes have saved me more than once when I was desperately looking for an affordable vegetarian meal. Chez Suzette, famous for their sarrasin galettes, has a dedicated vegetarian section on their menu. In addition, they are accommodating if you want to add or remove any ingredients from your crêpe or galette.



## Bo&Mie

The creative boulangerie Bo&Mie is perfect for a quick snack or meal during the day (and it's not too expensive, either). While most boulangeries offer at least one kind of vegetarian sandwich or quiche, Bo&Mie has several vegetarian meal options and has a large seating area at their Rivoli location for those who prefer to eat in.

## Vegetarian & vegan brands



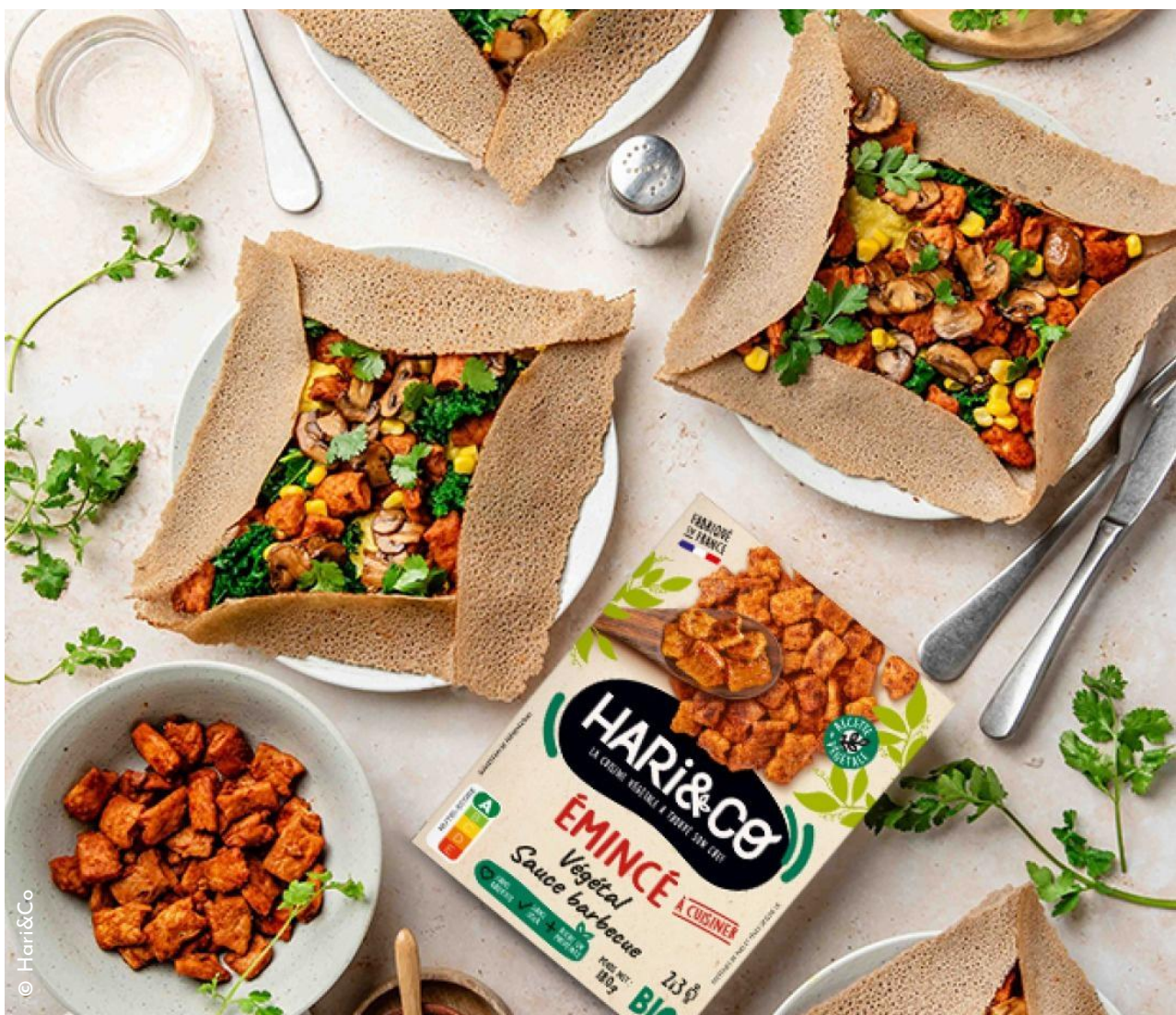
### La Vie

La Vie is a vegan meat alternative brand, available in grocery stores like Franprix and Monoprix. While I'm partial to their “ham” and “bacon,” they offer a wide variety of other “meats” and premade sandwiches.

## Hari&Co

I've seen the Hari&Co brand at Naturalia, and they make meat-alternative products like falafel, vegetarian “chicken” nuggets, and veggie patties for burgers. Their products are very easy to make at home and only take a few minutes to cook.

I feel lucky to live in Paris at a time when the accessibility and affordability of vegetarian options are on the rise. Though other parts of the country may still be behind, Paris is adapting to the needs of vegetarians, a trend that's sure to continue as more people choose vegetarian, vegan, or flexitarian diets.





© Land & Monkeys

# 10 BEST VEGAN HOTSPOTS IN PARIS

BY CAROLINE HARRAP



Whether it's staging a vegan boat party on the Seine, planning his popular food tours of the city or working on the special map he created, Franck Adandé is right at the forefront of the evolving plant-based scene in Paris. So, needless to say, he is perfectly placed to comment on the best vegan hotspots.

“Things have got so much better here over the past few years,” says Franck, otherwise known as @vegantouristparis. “Whereas a decade or so ago, there was very little in the capital for us vegans, now we have everything from gourmet restaurants and dedicated shops to bespoke bakeries. In fact, many of these places are so good that they’re enjoyed by everyone.”

Without further ado, and in no particular order, here he reveals some of the best plant-based addresses in Paris to visit in Veganuary and beyond – and we also look at what to try when you’re there.



## Aujourd'hui Demain

*42 Rue du Chemin Vert, 11th*



“A great place to start off with is Aujourd’hui Demain, which is a combination of a restaurant, coffee shop and a grocery/clothing store, in the 11th arrondissement. Their food is really comforting, hearty and indulgent – from burgers and mac ‘n’ cheese to their quesadilla – so it contradicts the usual clichés of plant-based cooking. And, of course, you can also do your shopping while you’re there, so you can get a taste of the full vegan lifestyle.”

**\*Must-try:** Their Christmas burger is the stuff of vegan legend, or, at other times, the quesadilla also comes highly recommended.

# L'Embuscade

*47 Rue Catherine de la Rochefoucauld, 9th*

“Another favorite of mine is L'Embuscade, a festive Afro-vegan restaurant with a bar and dancing, in Pigalle. They serve dishes from different regions on the African continent. Currently, there's an amazing Senegalese specialty, Thiéboudienne, with African eggplant, carrots, cabbage and manioc etc, all in a delicious broth, and served with rice. So, you can have an amazing dinner there with one of their special cocktails and then follow that with some dancing. It's also really welcoming and just has a great vibe all round.”

**\*Must-try:** As well as their renowned African cuisine, they do a mean vegan burger with oyster mushrooms, mayonnaise, jerk sauce and crispy fries.





© SO NAT

## SO NAT

*5 Rue Bourdaloue, 9th*

“I chose this one, which is a neighborhood canteen just next to Notre-Dame de Lorette, for several reasons. As well as being vegan and organic, there’s an emphasis on local, seasonal ingredients, and I think it’s the best price-to-quality ratio in Paris. So, for 11 euros, you can have a complete meal. I mean, it’s just one bowl, but in that you have the cereal, the vegetables, the protein, the freshness, the sauce... So, it’s really hearty and diverse and everything you could wish for. Also, the place itself is beautiful and run totally by women.”

**\*Must-try:** If you’ve got any room left after that brilliant bowl of goodness, the freshly baked cookies are pretty formidable too.

## Mori Café

*2 Rue des Taillandiers, 11th*



“This one is quite unusual in that it’s an authentic Japanese restaurant that is fully vegan and there aren’t many of those around. It’s also the cutest place – rather small but with a high ceiling and a mezzanine – and a rich and detailed décor. Also, you can either eat Japanese-style on the tatami or seated downstairs. They do my favourite dish in the whole of Paris here, Tantanmen, which is a type of ramen with small noodles in a rich broth. They also offer Japanese-inspired desserts, such as a yellow-custard flan, and special teas.”

**\*Must-try:** There are so many enticing things on Mori’s menu, but don’t leave without sipping one of their gorgeous teas, such as the Genmaicha (green tea with puffed rice).

## Le Tontons Veg

*8 Rue de Paradis, 10th*

“This one is more of a fast-food type of restaurant but with the most incredible burgers that are like nothing you’ll find anywhere else. The owners take the inspiration for their burgers from around the world – from southern France to Korea and Japan – so they are totally unique. My favorite is the Japanese-style one, with seitan tonkatsu, miso, eggplant and spices like ginger, so it’s rich, creative and original. You can either eat in or take away, and the place itself is warm and inviting with a décor that is reminiscent of Provence, which is where the owners are from.”

**\*Must-try:** As well as their range of renowned burgers, there are various sides available, so why not throw in a portion of their equally good fries as well?





© VG Pâtisserie

## VG Pâtisserie

*123 Boulevard Voltaire, 11th*

“As the first vegan pâtisserie in France, this one is an absolute must, and I also like it anyway on a personal level. You can find here many types of pâtisserie – from the classics to more daring and creative options. But I would definitely suggest trying their big macaron with the filling of the month. Sometimes it’s pistachio, sometimes it’s rose, but whatever it is, it is always amazing. Also, their viennoiseries are very good too – like their croissants and pains au chocolat. Their recipes just get better and better.”

**\*Must-try:** It would be rude not to try one of their delectable sweet treats, but we’re also a fan of their savory things, too, such as the tasty pizza.

# The Friendly Kitchen

*8 Rue Popincourt, 11th*



“This is the perfect choice for a special occasion as they focus on a more delicate, gourmet cuisine. Offering a select menu of three starters, three mains and three desserts, they prioritize local, seasonal and organic ingredients, and the dishes are very creative. For instance, there is one just now with roasted pumpkin, miso, a yuzu hummus, tempeh crumble, shichimi togarashi, radish pickles and chickpea furikake. Their way of balancing ingredients is, in my view, very well researched, and the place as a whole is classy but also chilled and welcoming.”

**\*Must-try:** As a special added extra, why not treat yourself to the plate of three matured plant-based cheeses with fruit jam?

## Chéri Coco

*12 Allée des Ateliers, 93500 Pantin*

“I chose this place primarily because it’s so good but also because it’s in Pantin, just outside Paris on Line 5, and it’s nice to support businesses in the suburbs as well. This one is also very original as it offers a fusion cuisine that combines Afro-vegan and Asian inspirations. For instance, there is this one dish with oyster-mushroom skewers with surya spices and garlic cream, and it’s just incredible. But everything on the menu will fill you with satisfaction. The vibe is also warm and friendly.”

**\*Must-try:** So many tantalizing options here, but another we can’t wait to sample is “Pink Fairy,” featuring roasted cauliflower with zaatar, peanut cream and dragon fruit, and marinated red onions.



© Chéri Coco



## Mesa

*HOY Hotel, 68 Rue des Martyrs, 9th*

“Found at the HOY Hotel, this restaurant offers a style of cuisine that is both creative and gourmet with South American inspiration. For example, one of their specialties is their tacos accompanied by oyster mushrooms, salsa sauce, pickles and cashew nuts. I find that the balance in their dishes between the flavors and the texture is always very good. Also, the atmosphere here is relaxed but classy. They offer breakfast, brunch, lunch and dinner – and, on top of all that, they do some great natural wines as well.”

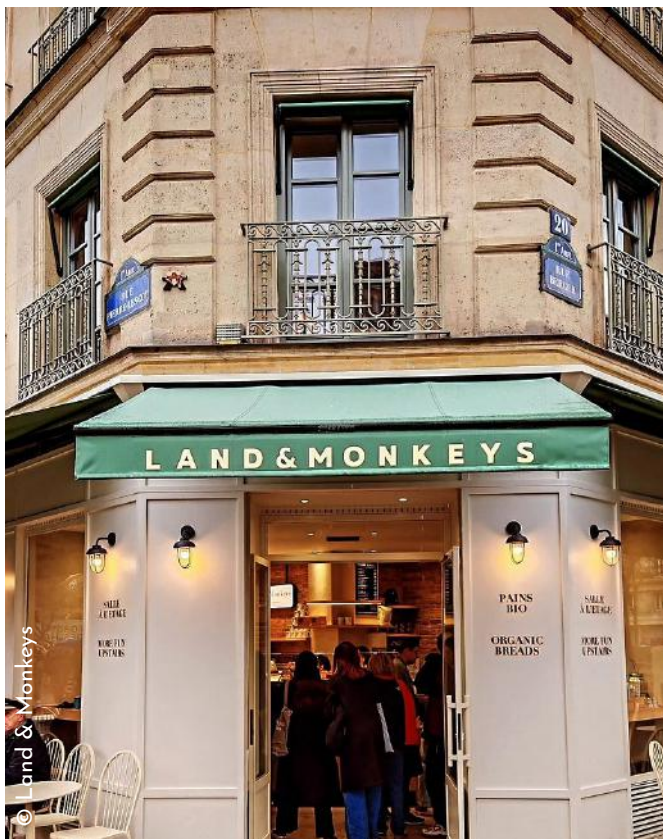
**\*Must-try:** Aside from the delicious dishes on the dinner menu, the vegan brunch looks pretty awesome here too.

# Land&Monkeys

*various addresses across Paris*

“Regarding my final favorite choice, I agonized over this one but decided eventually to add Land&Monkeys. Even though they are already famous, I think it is an absolute must-do, as they have such a wide and qualitative variety of French bakery classics – from *viennoiseries* to quiches, sandwiches and salads to seasonal specialities such as the Galette des Rois that we enjoy in January. There are seven branches in Paris now, so wherever you’re staying, there’s bound to be one not too far away.”

**\*Must-try:** It’s one of the classics but we love their pain au chocolat and reckon you’d be hard-pushed to tell it was vegan.



# QUIZ

- 1. Once frequented by Ernest Hemingway and Pablo Picasso, which café is the oldest in Paris?**
  - A) Les Deux Magots
  - B) Café de Flore
  - C) Le Procope
  - D) Brasserie Lipp
- 2. The official competition “Grand Prix de la Baguette de Tradition Française de la Ville de Paris” awards what prize to its winner, in addition to recognition and money?**
  - A) A year-long contract to supply baguettes to the Élysée Palace
  - B) Free flour from the city’s mills for a year
  - C) Automatic Michelin Guide mention
  - D) Exclusive rights to sell at Marché d’Aligre
- 3. The famous Paris-Brest pastry was created in honor of which event?**
  - A) The opening of the Eiffel Tower in 1889
  - B) The first high-speed train route from Paris to Brest
  - C) A long-distance bicycle race between Paris and Brest
  - D) The inauguration of Les Halles food market
- 4. Which luxury Paris chocolatier is known for pioneering the use of single-origin cocoa beans in its pralines, influencing the city’s high-end chocolate scene?**
  - A) Jean-Paul Hévin
  - B) La Maison du Chocolat
  - C) Patrick Roger
  - D) Pierre Marcolini
- 5. Which Paris food market, often called the “belly of Paris” before its relocation in 1969, was once the central wholesale hub for meat, fish, produce, and other foods?**
  - A) Marché Bastille
  - B) Marché Saint-Quentin
  - C) Les Halles
  - D) Marché Mouffetard



© RossHelen

# Parisian Café Culture

**A COMPLETE GUIDE**

BY POPPY PEARCE



Café culture in Paris has its roots in the Enlightenment period, when intellectuals, writers, and artists gathered at coffee houses across the capital to exchange ideas. Cafés such as Café de Flore, Les Deux Magots, and Le Procope have played host to a wide range of influential historic figures such as Voltaire, Ernest Hemingway, Pablo Picasso, and Benjamin Franklin.

The French are known for placing high value on their leisure and work-life balance, meaning that cafés in Paris offer a space for relaxation, socializing, and enjoying one another's company. They often have outdoor seating on sidewalks, creating a lively atmosphere and a buzzing scene.

It's this romantic image of Parisian culture that adds to the city's global appeal and attracts tourists seeking the café experience: sitting to enjoy a coffee and a croissant, while soaking up the ambiance.

Recently, the Paris coffee scene has been revolutionized by a new generation of independent cafés serving specialty coffee. Although the country has always been synonymous with café culture, international visitors have long complained about the coffee itself as bitter and uninspired. Now, the city is full to the brim with specialty coffee shops that have become the go-to spot for a rendezvous with friends. Check out these 20 cafés, from timeless classics to trendy spots that double as flower shops.



© Robyn Lee / Public Domain

# The Parisian Classics

These classic Parisian cafes exude timeless charm with their historic ambiance, artistic connections, and intellectual legacy. From Les Deux Magots and Café de Flore, frequented by luminaries, to Le Procope, dating back to 1686, each café transports visitors to a bygone era of French culture and intellectual discourse.

## 1. Les Deux Magots

*6 Pl. Saint-Germain des Prés, 6th*

Les Deux Magots, a café tucked away in the Saint-Germain-des-Prés district, is more than a coffee house – it’s a piece of history. Often visited by luminaries in the likes of Simone de Beauvoir and Hemingway, this place is a cultural landmark due to its Art Deco appeal and bohemian atmosphere. This legendary venue continues to draw locals and tourists from around the world because of its literary heritage and the coveted “Prix des Deux Magots” prize. Explore this revered quarter and enjoy a Parisian experience that combines old-world charm with modern sophistication.





© Arnaud 25 / Public domain / Wikimedia Commons

## 2. Café de Flore

*172 Bd Saint-Germain, 75006 Paris*

Situated next door to Le Deux Magots, Café de Flore is also a legendary attraction. This famous café, known for having hosted prominent figures such as Picasso and Sartre, is a living example of the exchange of ideas and artistic expression. Café de Flore is more than just a coffee shop; with its curbside appeal, it's a cultural landmark.

### 3. Le Procope

*13 Rue de l'Ancienne Comédie, 6th*



Le Procope, also known as Café Procope, was founded in 1686 by Francesco Procopio dei Coltelli, an Italian chef. It is regarded as the oldest café in Paris, and it's said to be the city's oldest restaurant that's been continuously operational. Many people also believe that Le Procope was the first coffee shop in Europe, giving rise to modern café culture. During its early years, Le Procope was frequently visited by renowned French writers including Jean-Jacques Rousseau and Denis Diderot. Voltaire cherished Le Procope so much that a memorial to the writer now stands on his favorite table. A must-visit, the café transports guests to a bygone era.

## 4. Carette

*25 Pl. des Vosges, 3rd*

Place des Vosges in Paris is a beautiful square with elegant red-brick buildings and arcades. It features harmonious architecture, serene gardens, and Victor Hugo's residence, making it a quintessential Parisian experience. Carette is built into the arches, offering a flamboyant patisserie fit for the nobility. The café is known for its rich, indulgent hot chocolate, sourced from top chocolatiers, and its thick and velvety texture. Carette's attention to the finest ingredients and preparation methods make the hot chocolate a sought-after treat in the city.



## 5. Angelina

*226 Rue de Rivoli, 1st*



Paris's Angelina Cafe is well-known for its scrumptious pastries, sophisticated teas, and— most importantly – the “Mont-Blanc” dessert. Since its establishment in 1903, it's been a go-to rendezvous for both tourists and Parisians. There are a number of outlets around the city, but the original rue de Rivoli location is the best. The Belle Époque décor adds even more flair to an already delicious experience. For those looking for a taste of Parisian grandeur, Angelina is a must.

## 6. Café Marly

*93 Rue de Rivoli, 1st*



This renowned French café is known for its prime location, historical setting, and outdoor terrace with a view of the Louvre. The café caters to a diverse clientele, including artists, actors, and fashion industry personalities thanks to its upscale ambiance, gourmet menu, not to mention the location. For those wishing to explore the world's most popular museum, there's no better café break.



© Khunkorn

## Speciality Coffee Shops

Specialty coffee is gaining popularity in France as people become more aware of the flavor variety and the importance of sustainability within the world of coffee. Whether enjoying a cup from a cozy independent cafe or exploring the goodness of single-origin beans, there's a shift toward quality and diverse taste experiences, all while making environmentally conscious choices. Cheers to enjoying a cup that's not only delicious but good for the planet!

# 1. Ten Belles

*10 Rue de la Grange aux Belles, 10th*

Paris's Ten Belles Cafe is well-known for its wonderful coffee and welcoming atmosphere. With its original branch located in the fashionable Canal Saint-Martin neighborhood, this café has earned an impeccable track record for providing excellent coffee that's sourced from ethical suppliers. For the coffee lovers of Paris looking for a cafe with a warm environment, helpful personnel, and dedication to a sustainable coffee experience, then a trip to Ten Belles will go down a treat.



## 2. Coutume

47 Rue de Babylone, 7th



Paris's Coutume Cafe is well-known for its expertly brewed coffee and well-roasted beans. Their coffee is so good it's sourced by restaurants all across France. In their 7th arrondissement flagship, enjoy creative coffee in a vibrant setting with minimalist decor and an easy-going vibe. Given its dedication to excellence, Coutume Cafe has become a highly sought-after location for travelers looking for a real coffee connoisseur's hideaway in Paris. Their brunch menu is just as tempting as their coffee menu – their weekly *plat du moment* is a dish not to miss!

### 3. Belleville Brulerie

*14b Rue Lally-Tollendal, 19th*



Visit Belleville Brulerie in the 19th arrondissement and understand why this humble cafe has such a loyal following. This roastery, which also has a designated tasting area, is the definition of coffee craftsmanship. The skilled staff has impeccable attention to detail, and there is no doubt that the warm and cozy ambiance will provide the perfect caffeine pit stop. The site features a wonderfully eclectic shop, selling everything a coffee lover could dream of – from the beans themselves to sleek electric kettles and dainty filtration sets. Their subscription delivers a selection of freshly roasted coffees to your door each month along with each roast's discovery sheets and tasting tips. Workshops and tastings with Belleville are entertaining activities for all javaphiles.

## 4. Terres de Cafe

*36 Rue des Blancs Manteaux, 4th*

At Terres de Cafe, coffee is treated with the utmost respect at all levels. Their cafes provide a chance to genuinely savor the outcome of an exceptionally skilled crew of roasting to brewing perfection. Using their Loring roasters, they roast all of their coffees on Île de France with no carbon emissions, and their beans are ethically sourced from all over the world – from Latin America to Africa. Their cafes are small, so you may not always find a seat right away, but that is testimony to their popularity and skill.



© Terres de Cafe

## 5. Recto Verso

6 Rue Portefoin, 3rd

A trendy coffee shop in the North Marais, RECTO VERSO is sure to have been featured somewhere on your Instagram feed over this past year. The cafe's tempting sweet treats menu includes cookies, biscoitos, cakes, and scones. Hip and stylish decor inside an endearing stone-faced exterior. But what really sets this cafe apart is the atmosphere; with loyal fans lining the curb, chatting, sipping coffee, and sharing gateau, the lively buzz will get you hooked.





© Khoa Võ / Pexels

## Quirky Cafes

Paris is lucky to have many quirky and unusual coffee shops across the city, from a florist-cum-coffee shop to cycling-themed cafes.

# 1. Peloton Cafe

*17 Rue du Pont Louis-Philippe, 4th*

Peloton – the exercise bike company that has taken the world by storm – has now smoothly ridden into the hospitality lane thanks to their cafe on Rue du Pont Louis-Philippe. Coffee, cycling, and community. Beginning with a pick-me-up coffee from Le Peloton, the cycling club embarks on rides and maintenance courses. Le Peleton Cafe’s sister company, Bike About Tours, can also provide both short- and long-term bike rentals. This is a great way to visit the entire city of Paris, equipped with a comfortable city bike for touring the city’s plethora of delightful streets, bike lanes, and riverfront areas.



© Jordyn Cook Photography



© My Paris Portraits

### 3. Désirée Fleurs

96 Rue de Meaux, 19th



Désirée is an eco-responsible *café-fleuriste* founded by Audrey Venant and Mathilde Bignon which focuses on preserving France's declining horticultural sector. The company uses fresh flowers sourced exclusively from French producers, offering majestic seasonal bouquets and friendly customer service. Their original concept of combining coffee with flowers is testimony to the mission of Désirée – to inspire conviviality and offer a space for the community to share in their passion for nature.

## 4. Le Café des Chats

*9 Rue Sedaine, 11th*

Originating in Japan, Cat Cafés have gained immense popularity across the world. Cats are excellent support animals and their therapeutic presence can provide relaxation and companionship. The interaction with playful felines, along with the added joy of coffee, make this a truly unique and restorative experience. Le Café des Chats in Bastille has a warm and homey atmosphere that makes this a wonderful stop for a coffee and a cake.



© Le Café des Chats



© Raphael Meriyet

## Café Libraries

Paris has an incredible array of cafés, but my favorite type is a café-librairie. The combination of a café with a bookshop is unparalleled and provides the perfect setting for reading, studying, or remote working.

# 1. TRAM

*47 Rue de la Montagne Ste Geneviève, 5th*

TRAM Libro-Café, located on Rue de la Montagne Ste Geneviève, is a café in the 5th arrondissement near the Pantheon and the Sorbonne. The café offers a variety of food, drinks, and a variety of beverages, including a lunch menu featuring (in my opinion!) the best croque-monsieur in Paris. The café is a great place to enjoy a coffee and patisserie, and the well-stocked bookshop also hosts regular book signings with authors like Sophie Galabru and Rodney Saint-Éloi. The café also offers an early apéro in the evenings – the perfect spot for a well-deserved drink after work.



© Pauline Darley

## 2. Shakespeare & Company Cafe

*35 Rue de la Bûcherie, 5th*



This English-language bookshop was founded by American George Whitman in 1951. The store, originally a monastery, has become a center for expat literary life in the city. Since then, it has hosted an estimated 30,000 young and young-at-heart writers and artists. The shop has staged literary festivals, launched the Paris Literary Prize, and hosted several free literary events. In 2015, Shakespeare and Company Café opened, serving specialty coffee, vegan and vegetarian meals, and cakes. The café collaborates with local producers to bring the highest quality Parisian produce.

### 3. Bonjour Jacob

*28 Rue Yves Toudic, 10th*

Bonjour Jacob is a concept store that combines three of life's simple pleasures; books, music, and coffee. They choose for you the world's greatest coffees, independent books and magazines, and vinyl records that you simply have to include in your library. Their four venues across Paris attract a hip and youthful crowd that enjoys sharing in the brand's creativity and passion for coffee.



## 4. Halle Saint-Pierre

*2 Rue Ronsard, 18th*

Halle Saint-Pierre, located at Montmartre's foot, houses a museum, gallery, book shop, auditorium, and cafe. It showcases unconventional art and design, including art brut, naïve, outsider, and other unique forms. Once a covered market, the building was designed in the style of Victor Baltard, the architect who built the original Les Halles in Paris. The cafe within offers light catering and organic teas, coffees, and drinks, making it a unique and lively space in Paris.



© Theadora Brack

## 5. Maison Fleuret

*30 Rue des Saints-Pères, 6th*



© Maison Fleuret

Maison Fleuret is a literary coffee shop in Saint-Germain-des-Prés, residing within an old bookstore dating back to 1872. The shop aims to preserve its charm and timeless values while offering a space for relaxation and connection. The on-site and takeaway offerings are diverse, responsibly sourced, and prepared on-site, with a focus on a healthy, vegetarian approach. The menu changes with the seasons, reflecting Marcel Proust’s teachings of: “Dishes are read, and books are eaten.” The maison also offers culinary classes.



# ORDERING COFFEE

## *Like a local*

### **Start with Politeness**

Always greet your waiter first:

Bonjour (Hello - daytime)

Bonsoir (Good evening - after 6pm)

Add: *S'il vous plaît* (please) and *Merci* (thank you) whenever you can.

### **Black Coffee Basics**

Un café, *s'il vous plaît*. → Small black espresso.

Un déca, *s'il vous plaît*. → Decaf coffee.

Je voudrais deux espressos, merci. → Two espressos.

Pour moi, ce sera un américain. → Large coffee (a "long black").

Tip: "*Au comptoir*" = at the counter, "*À la table*" = at a table.

### **Coffee with Milk**

Un noisette, *s'il vous plaît*. → Espresso with a little milk.

Un cappuccino, *s'il vous plaît*. → Cappuccino.

Un café crème, merci. → Coffee with cream/more milk than noisette.

Don't say "*un café au lait*" in a café – that's for home breakfasts!

### **Sweet & Gourmet Choices**

Un café liégeois, *s'il vous plaît*. → Coffee ice cream dessert.

Un café gourmand, merci beaucoup. → Coffee served with mini pastries.

### **Beyond Coffee**

Un thé vert / thé à la menthe → Green or mint tea.

Une tisane / infusion → Herbal tea.

Un chocolat chaud → Hot chocolate.

Une menthe à l'eau → Mint cordial.

Une grenadine → Syrup + sparkling water.

Une bière pression / un cocktail → Beer on tap / cocktail.

### **Extra Tips for Blending in**

Smile and be polite – it changes the service.

Mix and match phrases: *Je vais prendre*, *Pour moi*, *Je voudrais*, *J'aimerais*.

*Le même pour moi*. → "Same for me."



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# TOP 10 OUTDOOR MARKETS IN PARIS

BY EMILY DILLING



**W**ith over 80 markets setting up across the city through out the week, Paris offers a huge selection of places to peruse fresh produce and observe Parisians doing what the French do best—talk about food. The outdoor markets of Paris provide a space for cultures and cuisine to come together, combining the cherished tradition of food shopping in France with the growing interest in foreign foods and ingredients. From farflung regional dishes to resurrected “forgotten” vegetables, the markets of Paris are a window into the city’s cultural make up and culinary obsessions. See Paris in a new way by visiting these favorite outdoor markets.

## Marché Bastille

*(Boulevard Richard Lenoir, 75011; Open Thursday and Sunday 7 a.m to 2:30 p.m)*

This centrally located market is an easy fit into any Paris itinerary. The aisles and aisles of vendors that line Boulevard Richard Lenoir are typical of a classic Paris market and include a wide selection of fresh cheese, produce, fish, and meat. There's even a vendor that specializes in goose eggs! Visit Mr. And Mme. Baudry's stand on the corner of rue Sedaine and Blvd. Richard Lenoir to find locally grown and farm fresh fruits and vegetables.

## Marché d'Aligre

*(Place d'Aligre, 75012; Open Tuesday to Sunday 7:30 a.m to 2:30 p.m)*

This lively market is actually more like four markets in one. The outdoor market includes both a food and flea market, with used vinyl records and other antiques vying for space among the veggie and and flower vendors. For specialty ingredients like Italian sausages, artisanal olive oils, and North African fare, check out the indoor market, Marché couvert Beauvau (which closes between 1 p.m.-4 p.m). This has been renovated after fire damage caused in 2015. The outskirts of the indoor and outdoor market make up the fourth element of Marché d'Aligre, where you'll find can't-miss shops such as La Graineterie, a charming spot to pick up some bulk grains as well as regional sweets that are great to take home as gifts.

## Marché biologique des Batignolles

*(34 Boulevard des Batignolles, 75017; Open Saturday 7:30 a.m to 2:00 p.m)*

This is one of the city's three all-organic markets. Every product—from the fromage to the freshly laid eggs— is certified organic. Grab a freshly squeezed wheatgrass juice from Hermione Boehrer's stand and explore this market which is a favorite among health conscious shoppers and the stylish locals.



## Marché Saxe Breteuil

*(Avenue de Saxe 75007; Open Thursday and Saturday 7 a.m to 2:30 p.m)*

Located in the shadow of the Eiffel Tower, this left bank market is a quiet respite from some of the more cacophonous Paris markets. Stands of locally grown produce along with vendors willing table linens and kitchen ware assure that Marché Saxe Breteuil has everything you need to make a classic French meal at home.

## Marché Belleville

*Boulevard de Belleville 75011; Open Tuesday and Friday 7 a.m to 2:30 p.m)*

There's no room for agoraphobes at this crowded neighborhood market, but if you're willing to brave the crowds you'll find many surprises in store at Marché Belleville. A source of ingredients for many of the area's Asian and African restaurants, market stands overflow with foreign herbs and spices as well as hard-to-find fruits and vegetables.



## Marché sur L'Eau

*(Open Saturday mornings, Rotonde de Stalingrad 75019)*

The Marché sur l'Eau counts on a boat to bring locally grown produce to Paris. Using the city's canal system which extends to neighboring agricultural regions, farmers send their farm fresh goods to the 19th arrondissement, where shoppers can have their pick of seasonal fruits and vegetables.

## Marché Monge

*(Place Monge 75005; Open Wednesday, Friday and Sunday 7 a.m to 2:30 p.m)*

The quaint place Monge is home to this small market, which includes organic vendors and independent farmers. Popular with locals who work or study in the neighborhood, there are also plenty of hot lunch options, including Asian and Lebanese dishes.



## Marché bio Raspail

*(Boulevard Raspail, between rues du Cherche Midi and Rennes, 75006; Open Sunday 7:30 a.m to 2:00 p.m)*

Another one of the city's organic markets, Marché Raspail has some of the same vendors as its sister market Marché Batignolles, but also has some unique aspects that make it special. One Raspail exclusive of note is O'Regal Muffins, where you will find homemade English muffins and other anglo favorites along with French specialties such as cannelés.



## Marché Président Wilson

*(Avenue du Président Wilson, between rue Debrousse and Place d'Iéna, 75016; Open Wednesday and Saturday 7:30 a.m to 2:00 p.m)*

This lovely market in the 16<sup>th</sup> arrondissement is a great sunny day stop. Flowers abound from markets stands and the well-heeled residents of this chic neighborhood are fascinating to watch. The star of the market is Joël Thiébault, a local farmer specializing in beautiful heirloom vegetable varieties.



## Marché des Enfants Rouges

*(39 Rue de Bretagne, 75003; Open Tuesday to Saturday 8:30 a.m to 7:00 p.m and Sunday 8:30 a.m to 2:00 p.m)*

While technically not an outdoor market, this is a great spot to grab lunch to go and then head outside to enjoy a picnic or hot meal. North African, Japanese, British, Italian and French cuisine come together in this covered market, which also has a few stands selling organic produce, cheese, and meat.



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PARLEZ-VOUS BOULANGERIE?

# The language of a French bakery

BY MICHAEL KALANTY



© Michael Kalanty

**Y**ou'd expect a business whose tagline is Feeding the Mind, Nourishing the Soul to offer travel experiences that are as memorable as they are unique. Recently, when the culinary tourism company Epicurean Exchange engaged me to lead a group of pain-o-vores on a bread trek through Paris, I jumped at the opportunity and couldn't be happier that I had.

*Le pain français* (French bread) is having a moment, so we spent one of our days in the French capital to see what all the fuss was about. Bicycling through the side streets, we collected baguettes and other treats from some of the most reputable boulangeries (bread bakeries) of Paris.

Gathered around the wooden farm table at our VRBO, I shared techniques used by bread judges and sensory scientists as we sampled and evaluated our breads. If an upcoming trip to France includes tasting your way through the Parisian bakery scene, pump up your palate with the take-aways of our tasting trek.



© Dawn Dailey

## What the Names Mean

The term baguette means a long, wand-shaped bread. The traditional baguette contains only white flour, water, yeast, and salt. Three hundred grams (10 1/2 ounces) is the official weight for competition breads in the Coupe du Monde de la Boulangerie (World Cup for Bread Baking) but it's more common to find a weight of 250 grams (almost 9 ounces) for sale in boulangeries. Industrial versions often weigh even less than that and pump the bread with more air by adding more yeast to the dough. Any way you slice it, there's lots of crust and little crumb (the inside of the loaf) to a baguette.

Ingredients such as milk, butter, and/or sugar make the bread more tender while adding to its aroma and flavor. This type of bread is called a Viennoise, a baguette look-alike with a scalloped surface of narrowly-spaced cuts. Sweeter than the baguette and softer to chew, it's a creamier choice as a breakfast bread with dark French coffee, especially when spread with butter or jam.



The Baguette Integrale is made from whole-ground grain, similar to the American whole wheat bread. Until recently, the literal term *pain complet* (complete bread) described the French whole wheat bread. With the recent trend of milling whole grains in smaller batches to retain the nutrients in the wheat, the more poetic term *pain intégral* has come into style. You will still find breads labeled *pain complet* but this term is relegated to spongy, pre-sliced breads wrapped in plastic on supermarket shelves.

You may discover Baguette aux Céréales. This multi-grain version can include barley, oats, buckwheat, soy, and millet. Pain aux céréales breads are more frequently baked in a boule (round) because this shape maximizes the keeping qualities of the bread. However, you may find a baguette aux céréales offered as a *pain de fantaisie* (a sort of baker's choice or bread of the day) in a boulangerie of quality. Spread with preserves, the pain aux céréales takes the iconic peanut butter and jelly sandwich to ethereal heights.



Le pain BIO, abbreviating the moniker Le Pain Biologique, is comparable to the United States's organic label. Watchdogs require that bio breads be mixed on separate machinery at the boulangerie, fermented in a dedicated area so they are not contaminated by commercial yeast, and handled with tools dedicated to the organic dough. Flours used for *les pains bio* must be stone-ground instead of being processed with the more common and less costly steel rollers.

Pain biologique must use natural wild yeast cultures, like the sourdough starter of San Francisco Bay Area breads. The use of pre-packaged commercial yeast (baker's yeast) is prohibited. This takes us to the final category the French use in naming their baked goods— the method of fermentation.

## A Fermentation Primer

The aroma and flavor of a Baguette is created by the boulanger during the dough's rising phase, *la fermentation*. During fermentation, yeast creates carbon dioxide bubbles inside the bread. Simultaneously, bacteria in the flour and in the yeast starter create lactic acid in the dough, like the acid found in a chewy, buttery Chardonnay wine. The first gives the baked bread its open, airy texture; the second gives bread a deeper, richer aroma and flavor.

As with wine, changing the fermentation of the dough creates different flavors as the bread bakes. Quality baguettes can ferment from 8 to 24 hours at a cool temperature.

The industrial baguette contains more yeast, so it ferments faster and results in a puffier, less tasty baguette.

To appreciate the flavor difference between these two types of baguettes, consider this analogy: Imagine the flavor, color, and bouquet found in a Beaujolais Nouveau wine available 6 weeks after pressing. Now imagine the complex sensory pleasures of a vintage Beaujolais Villages made from similar Gamay grapes but fermented with more tannins and bottled for up to three years.



© Michael Kalanty

## A (Very Brief) History of French Bread

In the 1950s, mechanization of bread production eliminated the slow overnight fermentation of the dough. The flavor and chew of the baguette suffered greatly, earning the industrialized baguette descriptions like “tasteless and odorless monstrosity” and “a food not fit for humans”.

Seeking to reinstate bread to its former culinary glory, the French government issued Le Décret Pain de 1993 on September 13th. This Bread Decree required that it be made using the original methods based on slow, cool fermentation. According to bread historian Stephen Kaplan, *la baguette de tradition française* (the traditional French loaf) would emulate the breads made in the 1930s, when the baguette had reached its peak.

The government ruled that only bakers who use proper flour and knead their own dough can call themselves boulangers (bread bakers). The decree reflects French seriousness about food in general and about bread in particular.



## Evaluating your Baguette



© Manish Jain / Pexels

The quickest way to become a baguette connoisseur is to do a comparative tasting. For your next pique-nique, pick up a ruggedly-shaped *baguette de tradition* from *un vrai boulanger* (a true breadbaker) and an airy, machine-made version from a supermarket. Just as with wine tasting, there's a protocol you can follow. Here's what to look, smell, and taste for:

### Appearance

The *baguette de tradition* has an uneven, hand-crafted look, often with tapered ends. A lesser quality baguette has a uniform shape and a puffy, inflated look.

Crust color indicates aroma complexity. The traditional baguette displays a range of warm tones from gold to deep red to darkest brown. It has a range of aromas to match. On the other hand, the uniformly light brown crust of the industrial baguette promises a simple, one-note aroma.

Slice the baguette lengthwise with a serrated bread knife and look closely at its crumb (the inside of the bread). The air cells are the memory of fermentation bubbles in the dough. Slow rising in the traditional baguette creates different sized air cells that are randomly distributed throughout the bread. On the other hand, quick-rising yeast leaves lots of small holes, evenly distributed in the commercial version.



© Dawn Daitley



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## **Aroma**

Connoisseurs exhale a deep and generous breath onto the crust just prior to smelling it—heat unlocks the bread’s aroma. Both baguettes have a note of toasted cereal but the baguette de tradition delivers more notes like nutty and caramel.

## **Texture**

Now’s the time to chew the bread. The traditional baguette balances the tender chew of the crumb with the crunchy bite of the crust. The experience recalls al dente pasta—firm to bite yet tender to chew. Beware the leathery crust and spongy interior of a poor quality imitation.

## **Flavor**

While chewing the baguette de tradition, flavor notes of nutty,

butter, and caramel fill your mouth and nasal cavity– almost your whole head. There is only the slightest yeasty note. The taste is almost sweet. The industrial baguette offers little nuance of flavor



## Food Pairing

Perhaps the truest test of quality is how the baguette enhances the other foods with which it is paired. Try this test by pairing the two baguettes with your favorite cheese. The flavor of the industrial baguette fades into the background, easily succumbing to stronger flavors of the cheese. A high quality baguette allows the flavors of the cheese to shine yet provides textural support with toasty, nutty, and even caramel notes.

## Chercher le pain: Looking for a good baguette

There are many *vrais boulangers* in and around Paris offering traditional French bread to their customers. Two that shone in our tasting are...

# Dominique Saibron

77 Avenue du Général Leclerc, 75014 Paris



Dominique Saibron has created a boulangerie empire in Paris and Tokyo. His flour, Type 55, is key to an airy baguette with a crisp exterior and is specially ground to his specifications. Even more intrinsic to his success is the signature yeast culture that he perfumes with honey and spices. His baguette has an almost haunting aroma, especially when heated.

# Raoul Maeder Boulanger

*111 Boulevard Haussmann, 75008 Paris*

M. Maeder won the Meilleur Baguette de Paris (Best Baguette in Paris) award in 2000 and 2002. He offers a special version of the *baguette de tradition* called the Retrodor baguette. His flour is milled near Chartres in the Beauce Valley between the Seine and Loire rivers, considered the breadbasket of France. Because the wheat is directly traceable from local farms to miller to boulanger, the Retrodor is considered by many the ne plus ultra of the baguette world.



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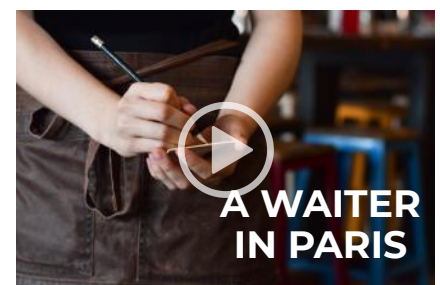
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