GOOD TOURS
Your culinary guide for Tours Metropole in the Loire Valley

TASTY MORSELS
BY THE BOTTLE OR BY THE GLASS
GREEN TOURS
JAPAN TOURS
GOURMET CALENDAR

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1519 - 2019

VIVA!

LEONARDO
LE VISIONNAIRE

LIFESTYLE & GASTRONOMY
SCIENCES & INNOVATION
HERITAGE & HISTORY
ARTS & CULTURE

Leonardo
Da Vinci!
2019
500 ANS DE RENAISSANCE(S) EN CENTRE-VAL DE LOIRE FRANCE

For more information: vivadavinci2019.fr /uni2009 #VivadaVinci2019

MÉCÉNAT
PARTENAIRES
MÉDIAS
Welcome to Tours, capital of the Loire Valley!

In Tours, ‘International City of Gastronomy’ and true ambassador of the culture of good eating, giving guests a warm welcome is a tradition and living well an art. And it is this art of living that we hope to acquaint you with, right down to the food on your plate!

For this second edition, we’re taking you on a yet more gourmet journey that is sure to awaken all five of your senses. Our gastronomic journalists have been busy trying out a wide range of restaurants, wine and tapas bars, cocktail bars and gourmet hotspots incognito, in order to present you with a selection of the city’s best places to eat.

This year, we’re giving you the best of our best, and taking you to meet the men and women who make the utmost of our terroir. They will share their passion with true enthusiasm and promise you a wealth of unexpected discoveries.

Let’s hope our new selection will enable you to share an unforgettable gastronomic experience in the Loire Valley.

I wish you a very pleasant stay and good eating!

Christophe BOUCHET
Mayor of Tours - President of the Tours-Loire Valley Tourist Office
First Vice President of the Tours Métropole Val-de-Loire, Delegate for Tourism
Many of Tours’ chefs make good use of their talents and creativity by further enhancing local dishes as the seasons change, adding a touch of the exotic here and there or revisiting traditional recipes and letting their contemporary knowhow lend a hand.

2019 celebrates “Viva Leonardo da Vinci! 500 years of Renaissance(s) in the Centre-Loire Valley Region” and restaurateurs are joining in by preparing “Renaissance Menus”, labelled as such by the Region and served in their establishments throughout the year.

2019 is also “Balzac Tours” year, the 220th anniversary of the famous writer’s birth in Tours. An occasion for some of the city’s craftspeople of taste to honour Balzac through such specialities as coffee, a drink much beloved by the author, and other delicacies mentioned in his works.
Vincent cuisinier de campagne

In this «hyperterrestrial» restaurant, Olivia and Vincent Simon make the utmost of local products as the seasons dictate. These former Belgian restaurateurs had already advocated the «zero kilometres» idea in their Walloon dishes, and settled in Ingrandes-de-Touraine in 2012 in the heart of the Burgos vineyards.

«Touraine is a real playing field, thanks to its fertile soils and wide variety of products. The ideal place to promote proximity between producers and cooks».

Chickens and vines...
The pretty manor house of La Galotière houses the table d’hôtes-style restaurant overlooking the vegetable garden. Some 300 hens are free to peck at will in the surrounding vineyard (1 hectare vinified by the neighbour Philippe Boucard, in organic conversion). Olivia and Vincent’s son, Gabriel, raises old breeds of poultry onsite, including Géline and Lapin Gris de Touraine, Black Pearl guinea fowl, and other Contres and chicken breeds.

No antibiotic treatment for these gallinaceans, only a selection of organic plants (local of course). The family markets poultry along with some forty products processed onsite and packaged in jars, including terrines, pâtés, stews and foie gras.

«Everything is homemade here, with our own harvests or those of neighbouring producers», Vincent Simon proudly explains, with true passion for his new homeland in Touraine.

On the occasion of the “500 years of Renaissance” celebrations in 2019, the restaurant will be serving a special menu throughout the year, in line with an idea suggested by the Region to many restaurateurs. These dishes are labelled as part of the year “Viva Leonardo da Vinci! 500 years of Renaissance(s) in the Centre-Loire Valley region” (see focus, page 41).

RECIPE OF CHEF: BLACK PEARL GUINEA FOWL, RENAISSANCE-STYLE

INGREDIENTS FOR FOUR PEOPLE

• an old-breed guinea fowl, long rearing period
• one sweet onion, preferably red
• two cloves, 1 cinnamon stick, ginger rhizome
• two untreated lemons
• 1 slice of bread
• 1 dl of full-bodied “old chicken” broth, salt, ground pepper, duck fat

> Season and truss the bird, stuff it with the slice of bread, its liver and a little ginger.
> Melt the duck fat in a thick cast-iron casserole.

> Brown the guinea fowl on each side, cover and bake at 130°C for two hours.
> Slice the lemon thinly and put it in a small pan with 1 dl of water, 25 g of salt, cloves and cinnamon. Cook over a very low flame for 30 minutes, without boiling. Crush and store in a cool place.
> Cut the onion into quarters, remove the skin and blanch the pieces for two minutes in boiling water.
> When the bird is cooked, remove it from the pan and deglaze with the chicken broth. Add the liver and bread (which were inside the bird). Mix this sauce.
> Cut up the guinea fowl, reheat the sauce and season with a spoon of simmered lemon (or more if affinities with acidity and saltiness). Add the skinned onion.
> Serve with pan-fried seasonal mushrooms, a few nuts and a fine bottle of Bourgueil wine....
GRUB'S UP!

RECIPE OF CHEF: BALZAC TARTLETS
FOR SIX TARTLETS

Sweet dough:
• 120 g of butter
• 70 g of icing sugar
• 10 g of hazelnut powder
• 10g poudre de noisette
• 40 g of eggs
• 2 g of liquid vanilla
• 2 g of salt
• 200 g of flour

> Mix the butter and icing sugar, then the almond and hazelnut powder, add the eggs, vanilla and salt, mix and finish with the flour. Leave to stand overnight in the fridge.

Rum Mirliton:
• 40 g of flour
• 40 g of sugar
• 2 eggs
• 170 g of milk
• 10 g of rum + 60 g of rum
• 60 g of grapes

> Infuse 60 g of grapes and 60 g of rum the day before, leave to macerate.
> Mix the flour, sugar and eggs, then add the milk and 10 g of rum and mix again.

Coffee cream:
• 55 g of milk
• 275 g of whipped cream
• 20 g of crushed coffee beans
• 55 g egg yolks
• 55 g of sugar
• 1 gelatin leaf
• 80 g of cold whipped cream

> Infuse the milk, cream and coffee beans for 20 minutes. Mix them with the yolks, sugar and whipped cream.

Coffee frosting finish:
• 200 g of milk
• 8 g of glucose
• 25 g of white chocolate
• 25 g of white icing paste
• 1 gelatin leaf
• 10 g coffee extract

> Mix the milk and glucose, add the white chocolate, add the gelatin leaf and coffee extract, mix well and keep overnight in the fridge. Use at 35 degrees.

Assembly:
> Sweet dough, macerated grapes, mirliton, coffee cream and icing, then decorate.

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Rodolphe Vandeput

Discovery of pastry...
Born in Val-de-Marne, Rodolphe Vandeput discovered his passion for pastry in his first year as an upper secondary student, during a placement with a dessert professional in Paris, and after a visit to the Musée du Compagnonnage, where a sugar creation caught his eye. «Something really clicked when I first discovered this profession, which is both technical and rigorous, but also involves an incredible amount of creativity» he recalls. At the age of 14, he began his apprenticeship with a Parisian pastry chef and then went on to take a 1-year course in pastry-making, spend a year with a catering company, and obtain a Technical Trade Diploma (BTM), all in Ile-de-France.

Beautiful Parisian addresses and dedication at the Élysée restaurant!
He met his future wife Émilie, the daughter of bakers from Loch, in a patisserie in the 12th arrondissement, where the young woman was a saleswoman and he was working on the production side. After a stint at the Le Triomphe pastry-maker and caterer, and another with a chocolatier in Le Perreux, he became pastry chef at the Élysée Palace’s restaurant at the age of 27. «I didn’t work directly for the President, but for his advisors, and sometimes for a few ministers and public figures.» In 2011, Rodolphe and Émilie decided to leave the capital and return to Émilie’s native Touraine. They took over a bakery in St-Pierre des-Corps town centre. Since then, the talented Chef’s 100% homemade creations have delighted a loyal and ever-growing clientele.
SWEET SPRING ROLL

We all know savoury spring rolls, but what if we switched to a sweet version for the more gourmet among us.

FOR 4 PEOPLE
- 6 rice sheets
- 100g strawberries
- Mango
- 2 kiwis
- 100g apple compote
- 50g your choice of jam

PRÉPARATION
> Start by moistening a rice sheet by passing it under a tap for a few seconds, then place it on a damp cloth or silicone cooking sheet.
> Place the fruit of your choice in the centre. Cutting them into julienne strips will make folding easier.
> Fold the sides of the rice paper to the centre and then the bottom, and roll over the last piece.
> Repeat the same procedure for the other rolls.
> Enjoy, dipping them into the compote or jam.

BOWL HEALTHY

Very trendy these days, sweet and savoury bowls are everywhere.

FOR 4 PEOPLE
- 8 shrimps
- 1 teaspoon of curry powder
- 1 teaspoon of olive oil
- 2 tablespoons of quinoa (red, black or classic)
- 2 tablespoons of grated carrots
- Beetroot
- A handful of nuts
- A handful of cranberries
- Half a pear
- 1 level teaspoon of wholegrain mustard
- 2 teaspoons of balsamic vinegar
- 3 teaspoons of olive oil

PRÉPARATION
> For the sauce, whisk the mustard, vinegar and 3 teaspoons of olive oil with a fork and set aside.
> In a bowl, mix 1 teaspoon of olive oil, the curry powder and peeled shrimps and fry them in a pan.
> Place the quinoa in one corner of a bowl and the beet and carrot in another.
> Cut your pear half into slices and place them in the middle. Add the shrimps, nuts and cranberries and finish with the sauce.
> You can modify this recipe over and over again using your favourite products.
THE CCCOD CONTEMPORARY CAFÉ
There’s a café restaurant on the first floor of Tours’ Olivier Debré Contemporary Creation Centre (CCCOD). It serves deliciously inventive cuisine, a treat for eyes and taste-buds alike, with such fare as colourful poke bowls, Touraine-style bo bun with carefully selected rillons, and homemade pastrami sandwiches. Whether it’s a coffee break during a museum visit, Sunday brunch (with a view of the nave) or an after-work get-together on Thursday evenings, the place caters for all your fancies.
WEDNESDAYS, FRIDAYS AND SATURDAYS: 11:30 A.M. | 6 P.M. - THURSDAYS: 11:30 A.M. | 8 P.M. - SUNDAYS: 11:30 A.M. | 5 P.M.
JARDIN FRANÇOIS PREMIER, 37000 TOURS - +33 (0)6 68 49 21 40

LE COURT-CIRCUIT
Local encounters are the order of the day at this multifaceted venue: 100% locavore catering, film screenings/debates, DIY workshops, concerts, and more besides. The wide range of events held here all serve to promote the area, in a setting created by local craftspeople and managed by a team structured as a Participative and Cooperative Company (SCOP).
MONDAY TO SATURDAY: 12 NOON | 2:30 p.m.
16 BIS PLACE DE LA VICTOIRE, 37000 TOURS - +33 (0)7 68 78 00 70

LE PETIT ATELIER
Tours didn’t escape the coffee-shop invasion, and Le Petit Atelier is a perfect example of its kind. Located in the bustling heart of Rue Colbert, it’s the ideal spot to choose from a wide range of premium blend coffees served in a variety of forms, including filter, espresso and piston, in latte and cappuccino versions. A choice of savoury and sweet snacks is also on offer to prolong the pleasure, whether you’re curled up on one of its comfortable sofas indoors or sitting outside on the terrace.
MONDAY TO FRIDAY: 8 a.m. | 6:30 p.m. - SATURDAYS: 9 a.m. | 6:30 p.m. - SUNDAYS: 2 p.m. | 6 p.m.
61 RUE COLBERT, 37000 TOURS - +33 (0)2 47 31 94 21

TIA GOURMET
With 450 m² of surface area and 6-metre ceilings, this spectacular venue is a gourmet grocers, wine cellar, tearoom/restaurant and exhibition area all rolled into one… The common thread? Asian products, which account of around 20% of the groceries it sells and are highlighted in the snacks on offer (the team at the origin of the concept also created the Mao and the Paris Store grocers).
TUESDAY TO THURSDAY: 10 a.m. | 11 p.m. - FRIDAYS and SATURDAYS: 10 a.m. | MIDNIGHT
73 RUE DES HALLES, 37000 TOURS - +33 (0)2 47 64 85 25

EL CAFECITO
It’s not always so easy to find somewhere to take the weight off your feet on Sunday afternoons or Monday mornings… No problem now though, with El Cafecito, which is open from 11 a.m. to 7 p.m. seven days a week, and also provides Old Tours with a warmly welcoming Latin touch. Karla, its charming Guatemalan manageress, treats her customers’ taste buds to coffees from her own beloved country, prepared with the utmost care in every imaginable form. Nor are stomachs left out of the picture, with Guatemala-style brunches served on Sundays (including black beans, plantain bananas and fresh fruit juices) and such homemade pastries as pastel del elote (corn cake).
OPEN DAILY: 11 a.m. | 7 p.m.
43 RUE DU GRAND MARCHÉ, 37000 TOURS - +33 (0)7 72 33 59 51
This selection does not seek to establish yet another classification of restaurants but rather to provide you with a wide and varied choice, adapted to all tastes, pockets and occasions. There are places where you can enjoy a quick bite, bistros, gourmet restaurants and a choice of ethnic cuisine. Some addresses are located in the most popular districts, others are off the beaten track. We’ve also included places open on Sundays and Mondays (the usual closing days for restaurants), others that offer all-day service, and others that close late. And of course, while we were patiently putting the pieces of the puzzle together for you, we also had the pleasure of sitting down to eat at all the addresses we selected, as what’s on your plate and how good the service is are always essential considerations.
**L’IDÉE HALL**

**«An ideal combination of bistro cuisine and gastronomy»**

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

47, RUE DE LA VICTOIRE
37000 TOURS
+33 (0)9 61 16 92 29
≈ 19€ to 30€
FROM TUESDAY TO SATURDAY
12:00pm | 1:45pm
7:15pm | 9:45pm
CLOSED ON WEDNESDAY EVENING

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**VANNE**

**«Bibimbap, kimchi and company»**

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

26, RUE G. COURTELLENE
37000 TOURS
+33 (0)9 65 10 88 81
≈ 15€ to 30€
FROM MONDAY TO FRIDAY
12:00pm | 2:00pm
7:00pm | 9:00pm
SATURDAY
7:00pm | 10:00pm

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**LA MAISON DES HALLES**

**«For connoisseurs of good meat»**

Just opposite Les Halles covered market, a place dedicated to good quality meat. In addition to grilled cuts or perfectly cooked rib of beef, there is a choice of other cooked dishes, including the traditional beuchelle tourangelle and even... a vegetarian option! A beautiful wine list to be enjoyed.

19, PLACE DES HALLES
37000 TOURS
+33 (0)2 47 39 96 90
≈ 14€ to 50€
FROM TUESDAY TO SATURDAY
12:00pm | 2:00pm
7:30pm | 10:30pm

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**QG**

**«Contemporary cuisine and carefully selected products»**

In the ‘Place du Monstre’, as the Tours residents call it, the QG has become a landmark for new generation gastronomes. It has a direct supply of raw materials (including fish), an informal atmosphere and a selection of interesting natural wines. The dishes are delicious, rich and easy to eat, with a light touch.

19, PLACE DU G. MARCHÉ
37000 TOURS
02 47 61 49 29
≈ 18€ to 22€
FROM TUESDAY TO SATURDAY
12:00pm | 2:30pm
7:30pm | 11:00pm
**AU CAFÉ D’EN FACE**

«An exuberant meeting-place across from the covered market»

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

21, PLACE DES HALLES
37000 TOURS
+33 (0)2 47 38 61 61
≈ 13€ to 18€

FROM MONDAY TO SATURDAY
7:00am | 8:00pm

SUNDAY
9:00am | 1:00pm

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**LA BONNE ASSIETTE**

«A low-price trip to Portugal»

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

75, RUE G. COURTELINE
37000 TOURS
+33 (0)2 47 37 04 86
≈ 7€ to 15€

MONDAY AND WEDNESDAY
12:00pm | 2:00pm

FROM TUESDAY TO SUNDAY
12:00pm | 2:00pm
7:30pm | 11:00pm

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**O&A**

«A chic new address with a relaxed atmosphere»

The restaurant newly opened by Olivier Arlot, a former child prodigy of Touraine cuisine who has given up (at least for the moment) shooting for the stars in order to put his gastronomic knowhow at the service of a simpler, more immediate cuisine. A chic brasserie where technique and product quality combine to deliver sophisticated dishes of gourmet simplicity. Very pleasant atmosphere and excellent service. Wine list with Loire and Burgundy accents.

29, PLACE G. PAILLHOU
37000 TOURS
+33 (0)2 47 55 87 73
≈ 18€ to 35€

FROM MONDAY TO FRIDAY
12:00am | 1:00pm
7:15pm | 9:15pm

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**LA DEUVALLIÈRE**

«A touch of exoticism in a typical Tours setting»

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

18, RUE DE LA MONNAIE
37000 TOURS
+33 (0)2 47 64 01 57
≈ 15€ to 35€

FROM MONDAY TO FRIDAY
12:00pm | 1:30pm
7:15pm | 9:30pm

HORAIRES D’ÉTÉ
12:00 | 2:00am
CAFE MARCEL

«For a gourmet break any time of day»

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

4, PLACE PLUMEREAU
37000 TOURS
+33 (0)2 47 32 04 20
≈ 12€ to 16€

4, PLACE PLUMEREAU
37000 TOURS
SUNDAY
10:00am | 00:00pm
(OUT OF SEASON)
10:00am | 4:00pm

L'EMBELLIE

«True creativity with a host of flavours»

In Old Tours, in a setting of stones and old beams, highlighted by the decoration. The style of cooking is modern, sought after and creative, and focuses as much on plants as on fish (sea or freshwater) and meat. Careful service. The wine list has some nice surprises. Bonus: a tasty vegetarian menu.

21, RUE DE LA MONNAIE
37000 TOURS
+33 (0)9 54 61 64 43
≈ 20€ to 34€

L'AKAN

«Great gourmet excursion to Ivory Coast»

Ivorian cuisine prepared by a chef from the Paul Bocuse Institute. In this pleasingly decorated little restaurant, local recipes prepared with finesse and an eye for detail, cunning use of spices, and true knowhow in creation of those all-important sauces and desserts. A real revelation! The coffee is very good as are their homemade fruit juices (ginger and hibiscus), although the wine list deserves a little more attention. Very interesting lunch set menu.

20, RUE RICHELIEU
37000 TOURS
+33 (0)9 87 40 37 07
≈ 13€ to 18€

THURSDAY AND FRIDAY
7:00pm | 9:30pm
FROM SATURDAY TO MONDAY
12:00pm | 1:45pm
7:00pm | 9:30pm

CHEZ ZEIN

«Lebanese specialities near the Contemporary Art Centre»

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

7, RUE DU COMMERCE
37000 TOURS
+33 (0)9 83 71 08 21
≈ 12€ to 15€

FROM MONDAY TO SATURDAY
12:00pm | 2:30am
6:30am | 10:30am

GRUB'S UP!

MAISON COLBERT
«Bistro recipes revisited»
L’Arôme used to be the place to be for Tours residents. It has now got a new look and a new name, but the good news is that the piano and front of house teams have remained the same. The cuisine has gained a new joie de vivre, bistro dishes are made with finesse and a pinch of freedom, the food is great, including vegetarian dishes.

26, RUE COLBERT
37000 TOURS
+33 (0)2 47 05 99 81
≈ 14€ to 30€

FROM TUESDAY TO SATURDAY
12:00pm | 1:30pm
7:30pm | 9:30pm

FRENCHY’S BURGER
«Local gourmet burgers»
Frenchy’s Burger began life as a food truck, before finally settling down in one place. These days, it’s located across from the famous «Le Monstre» (The Monster) statue in Place du Grand Marché. Gastro-burgers, nuggets, and, every Friday, fish and chips. Meticulously selected raw materials, most of them locally sourced (true also for the wines and beers it serves). The sauces created by the chef are really tasty, and the fries, they’re homemade of course.

14, PLACE DU G. MARCHÉ
37000 TOURS
+33 (0)2 47 20 92 11
≈ 12€ to 40€

MONDAY
12:00pm | 2:30pm
7:00pm | 9:30pm
FROM TUESDAY TO FRIDAY
11:30am | 2:30pm
7:00pm | 10:30pm
SATURDAY
7:00pm | 10:30pm

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

45, RUE VOLTAIRE
37000 TOURS
+33 (0)2 47 61 30 92
≈ 15€ to 25€

FROM TUESDAY TO FRIDAY
11:30am | 2:30pm
7:00pm | 10:30pm
SATURDAY
7:00pm | 10:30pm

FROM MONDAY TO WEDNESDAY
AND FRIDAY
12:00pm | 2:30am
THURSDAY
12:00pm | 2:30am
7:00am | 10:30am

SMÅAK NATURAL FOOD
«Scandinavian concept open 7 days a week»
A bit of Scandinavia in the heart of Tours, starting with the uncluttered but warmly welcoming decor. Stéphane and Camille serve dishes of Nordic inspiration that make best use of vegetables and fresh seasonal produce in a fast-food context. Choices include sandwiches, salads, soups and cheese fondues, and there’s a mouth-watering selection of desserts. There are also vegan and vegetarian dishes on the bill of fare.

35, RUE DU G. MARCHÉ
37000 TOURS
+33 (0)2 47 86 34 92
≈ 8€ to 16€

OPEN EVERY DAY
10:00am | 11:00pm

TASTY MORSELS
MAISON COLBERT
35, RUE DU G. MARCHÉ
37000 TOURS
+33 (0)2 47 05 99 81
≈ 8€ to 16€

FROM TUESDAY TO SATURDAY
12:00pm | 1:30pm
7:30pm | 9:30pm

FROM MONDAY TO WEDNESDAY
AND FRIDAY
12:00pm | 2:30am
THURSDAY
12:00pm | 2:30am
7:00am | 10:30am

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**L’ARDOISE**

«Home-cooked “regressive” cuisine a stone’s throw from Rue Nationale»

Chef Didier Darry has been delighting Tours residents for decades. His latest offering is discreet, the 90s decor may not be much to look at, but the locals continue to come and to eat well. The secret is in the home cooking, a modest bistro-style that has come back into fashion (leek vinaigrette, rice pudding...). Booking recommended.

7, PL. DES P. BOUCHERIES
37000 TOURS
+33 (0)2 47 61 93 82
≈ 30€ to 53€

FROM MONDAY TO THURSDAY
12:00pm | 1:30pm
7:15pm | 9:00pm

FROM FRIDAY TO SATURDAY
7:00pm | 9:30pm

**LE SAINT-HONORÉ**

«Love of the terroir as the seasons change»

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

7, PL. DES P. BOUCHERIES
37000 TOURS
+33 (0)2 47 39 13 96
≈ 12€ to 25€

FROM TUESDAY TO THURSDAY
11:45am | 2:00pm
11:45am | 9:30pm

FROM FRIDAY AND SATURDAY
11:45am | 2:00pm
7:00pm | 9:30pm

**LE BISTROT D’ODILE**

«Ode to good humour»

Odile opened her restaurant in February 2018, but it’s as if it had always been there – she really knows how to create an atmosphere. On Friday and Saturday evenings, she even sits at the piano and gets the whole room singing (in tune!), while the range cooker produces simple but tasty dishes inspired by our grandmothers’ cooking. At lunchtime, salads are also on the menu. The wine list sings of the Loire.

64, RUE COLBERT
37000 TOURS
+33 (0)2 47 39 13 96
≈ 12€ to 25€

FROM TUESDAY TO THURSDAY
11:45am | 2:00pm
FRIDAY AND SATURDAY
11:45am | 2:00pm
7:00pm | 9:30pm

**CHEZ GASTER**

«Contemporary Rabelaisian feast»

A warm welcome and a pleasant atmosphere. «Canaille» cuisine - as we now call traditional dishes based on offal and the «fifth quarter» - but there are also wild fish and gourmet pan-fried vegetables. Servings justify the Rabelaisian reference, being generous without becoming altogether gargantuan. The wine list is excellent and includes some out-of-the-ordinary choices. Most of the raw materials are locally sourced.

27, RUE COLBERT
37000 TOURS
+33 (0)2 47 61 93 82
≈ 18€ to 40€

FROM MONDAY TO FRIDAY
12:00pm | 2:30pm
7:30pm | 10:30pm

FROM THURSDAY TO MONDAY
12:00pm | 2:00pm
7:15pm | 9:00pm
LE BARTAVELLES

«A real treat for gourmets»

This restaurant is a springboard that has launched the new generation of Tours chefs. Currently, it’s the turn of Didier Renjard and Ghislain Damaye to test the water. The setting is elegant, the cuisine sought after and creative, the presentation of the dish is very neat, just like the service. A wine list to match any others.

33, RUE COLBERT
37000 TOURS
+33 (0)2 47 61 14 07
≈ 28€ to 38€

AU LAPIN QUI FUME

«A friendly spot that celebrates the rabbit»

The restaurant is designed in the style of a classic bistro, a setting that never loses its charm. The welcome is warm without being intrusive; you feel at home right from your very first visit. The menu or, better still, the slate also speaks a fine classic language. Rabbit is present in every shape and form, from terrine to couscous, and fish – and game when in season – are also well represented. Good value for money.

90, RUE COLBERT
37000 TOURS
+33 (0)2 47 66 95 49
≈ 12€ to 19€

L’HÉDONISTE

«Treat yourself to real bistro cuisine»

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

16, RUE LAVOISIER
37000 TOURS
+33 (0)2 47 05 20 40
≈ 15€ to 30€

LA MAISON BERBÈRE

«Moroccan ambience and delicacies near the railway station»

A Berber tent ceiling, floor covered with rugs, old pottery: the perfect setting to (re) discover Moroccan cuisine, and more specifically Berber cuisine. Deliciously spicy tagines, couscous combining tasty broth and perfect semolina, without forgetting the traditional harira and pastilla, all in a warm atmosphere.

12, RUE E. VAUJANT
37000 TOURS
+33 (0)2 47 05 45 09
≈ 16€ to 25€

TASTY MORSELS

90, RUE COLBERT
37000 TOURS
+33 (0)2 47 66 95 49
≈ 12€ to 19€
FROM TUESDAY TO SATURDAY
11:45am | 2:00pm
6:45pm | 10:00pm

16, RUE LAVOISIER
37000 TOURS
+33 (0)2 47 05 20 40
≈ 15€ to 30€
FROM TUESDAY TO SATURDAY
12:00pm | 1:30pm
7:15pm | 9:15pm

12, RUE E. VAUJANT
37000 TOURS
+33 (0)2 47 05 45 09
≈ 16€ to 25€
FROM TUESDAY TO SATURDAY
12:00pm | 1:30pm
7:00am | 9:30am
GRUB'S UP!

**Nobuki**

«Sophisticated and highly select Japanese cuisine»
A restaurant with sophisticated decoration, reminding us, if need be, that Japanese gastronomy is not just about maki-sushi-sashimi. The cuisine is subtle, meticulously prepared and respectful of the product, and the service is impeccable: the love of a job well done is palpable in every detail. Small but well-chosen list of Loire wines and sakes. There is a limited number of place settings, so book well in advance. And to fully appreciate how gracefully things are done here, ask for a place at the counter.

3, RUE BUFFON
37000 TOURS
+33(0)2 47 05 79 79
≈ 19€ to 50€

**Parfum Culture**

«Delicate Asian recipes»
Just a stone's throw from the station, a place apart. Intimate, both in the atmosphere and in the dishes. This is the product of the different Asian cultures in Celine’s family. Through the dishes, we discover the big and small stories behind each of them. Here, you take the time to smell and savour the aroma of the culture.

63, RUE BLAISE PASCAL
37000 TOURS
+33(0)2 47 05 13 66
≈ 10€ to 40€

**Casse-Cailoux**

«A menu that brings sparkle to the Prébendes neighbourhood»
In a discreet, intimate setting, well off the tourist track but close to the city centre, Mathieu (in the kitchen) and Elodie (in the dining room) have given fresh impetus to an address so dear to Tours gastronomes. Bistro cuisine, well-seasoned and with a touch of creativity and innovation. Elodie’s smiling welcome, her advice on wines, and the restaurant’s little terrace do the rest.

34, AV. DE GRAMMONT
37000 TOURS
+33(0)2 47 66 79 33
≈ 20€ to 23€

**Au Martin Bleu**

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

83, AV DE GRAMMONT
37000 TOURS
+33(0)2 47 05 13 64
≈ 20€ to 23€

**Casse-Cailoux**

«A menu that brings sparkle to the Prébendes neighbourhood»
In a discreet, intimate setting, well off the tourist track but close to the city centre, Mathieu (in the kitchen) and Elodie (in the dining room) have given fresh impetus to an address so dear to Tours gastronomes. Bistro cuisine, well-seasoned and with a touch of creativity and innovation. Elodie’s smiling welcome, her advice on wines, and the restaurant’s little terrace do the rest.

3, RUE BUFFON
37000 TOURS
+33(0)2 47 05 79 79
≈ 19€ to 50€

**Nojoki**

«Sophisticated and highly select Japanese cuisine»
A restaurant with sophisticated decoration, reminding us, if need be, that Japanese gastronomy is not just about maki-sushi-sashimi. The cuisine is subtle, meticulously prepared and respectful of the product, and the service is impeccable: the love of a job well done is palpable in every detail. Small but well-chosen list of Loire wines and sakes. There is a limited number of place settings, so book well in advance. And to fully appreciate how gracefully things are done here, ask for a place at the counter.

63, RUE BLAISE PASCAL
37000 TOURS
+33(0)2 47 05 13 66
≈ 10€ to 40€

**Parfum Culture**

«Delicate Asian recipes»
Just a stone's throw from the station, a place apart. Intimate, both in the atmosphere and in the dishes. This is the product of the different Asian cultures in Celine’s family. Through the dishes, we discover the big and small stories behind each of them. Here, you take the time to smell and savour the aroma of the culture.

63, RUE BLAISE PASCAL
37000 TOURS
+33(0)2 47 05 13 66
≈ 10€ to 40€
**GRUB’S UP!**

**TASTY MORSELS**

**LE BISTROT DE LA TRANCHÉE**

«Charles Barrier’s bistro address»
Located next its big brother, the Charles Barrier, the Bistrot de la Tranchée is the bistro version of the gourmet restaurant. You can enjoy the classics of this style of cooking (pie, calf’s head with gribiche sauce, pot au feu, coq au vin...), to which is added, in the evening, a menu that plays with creativity. The wine list is to be enjoyed.

103, AV. DE LA TRANCHÉE
37100 TOURS

+33 (0)2 47 41 09 39
≈ 10€ to 30€

FROM MONDAY TO SATURDAY
12:00pm | 1:30am
7:00am | 9:30am

**LE COIN DE TABLE**

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

35, BOULEVARD TONNELLÉ
37000 TOURS

+33 (0)6 60 48 62 77
≈ 15€ to 26€

MONDAY AND WEDNESDAY
7:45am | 7:30pm
7:45am | 9:00pm

**LA ROCHE LE ROY**

«The spirit of youth in a Tours institution»
A magnificent spot, an 18th-century manor house surrounded by a fine park. For 30 years, Alain Couturier presided there as one of the architects of Touraine cuisine. Now it’s the turn of young Maximilien Bridier. He’s kept the classic style as far as food and service are concerned, giving them just a touch of extra pep. Tradition continues, renewing itself as it does so, much to everyone’s delight. A classic wine list worthy of the cuisine it accompanies.

55, ROUTE DE ST AVERTIN
37200 TOURS

+33 (0)2 47 27 22 00
≈ 25€ to 65€

FROM TUESDAY TO SATURDAY
12:00pm | 1:15am
7:00pm | 9:15pm

**AU RENDEZ-VOUS DU BOTANIQUE**

«100% home-cooked gourmet break in the heart of the Botanical Gardens»
Although it is located a little away from the town centre, the Tours botanical garden deserves a visit even if it’s only for this restaurant. Richard and Anouk serve home cooking, based on fresh and seasonal produce, in a colourful and welcoming setting. From a sandwich to a dessert, everything is carefully prepared. To eat in or to take away.

30, MARCH 1 TO MAY 37 AND SEPTEMBER 1 TO OCTOBER 31
7:45am | 7:30pm
7:45am | 9:00pm

JUNE 1 TO AUGUST 37
7:45am | 9:00pm

35, BOULEVARD TONNELLÉ
37000 TOURS

+33 (0)6 60 48 62 77
≈ 10€ to 15€

NOVEMBER 1 TO FEBRUARY 27
7:45am | 5:30am
7:45am | 7:30pm
**LE XII DE LUYNES**
«Seasonal gourmet inspirations in the heart of the medieval village»
A fine and elegant cuisine that flirts with a certain relaxation, as if to put the customer at ease in the imposing setting of this 12th century building. The menu changes with the seasons and becomes a very reasonably priced fixed menu at lunchtime. A wine list to match its surroundings. Pretty terrace for fine days.

12, RUE DE LA RÉPUBLIQUE
37230 LUYNES
+33 (0)2 47 26 07 41
≈ 18€ to 27€

**LA MAISON TOURANGELLE**
«A perfect balance between tradition and innovation»
In the charming village of Savonnières, a beautiful building overlooking the Cher. Since 2004, Frédéric Arnault, who trained in fine restaurants, has been here. A pleasantly spicy menu with a touch of modernity. The dishes veer between standard and improvisation, creating a happy harmony. Shaded terrace on fine days.

9, ROUTE DES GROTTES PETRIFIANES
37510 SAVONNIÈRES
+33 (0)2 47 50 30 05
≈ 15€ to 33€

**L’ÉTAPE GOURMANDE**
«Tasty break near Château de Villandry»
A beautiful 18th century farm a little away from the village. In summer, the beautiful shaded terrace is a delight for young and old; the rest of the time, you can appreciate the charm of the rooms with a blend of stone and exposed beams, and a fireplace. The dishes feature classic bases with some touches of originality. Interesting children’s menu.

LA GIRAUDIÈRE
37510 VILLANDRY
+33 (0)2 47 50 08 60
≈ 14€ to 43€

**LA FLEUR DE SEL**
«Friendly pancake house near the tramway»
Located on one of the shopping streets in Joué-lès-Tours, the Fleur de Sel is a creperie with a tidy and modern decoration. The dishes are very good, with good quality galettes with generous fillings. There is a wide choice. The crêpes are also very tempting. Efficient, quick service. Interesting choice of ciders and perry.

25, AV. DE LA RÉPUBLIQUE
37300 JOUÉ-LÈS-TOURS
+33 (0)2 47 67 58 09
≈ 12€ to 20€
GRUB’S UP!

TASTY MORSELS

**GRUB’S UP!**

**TASTY MORSELS**

**LES HAUTES ROCHES**

«Starred restaurant on the banks of the Loire»
18th century mansion, troglodyte bedrooms, terrace overlooking the royal river: the challenge for the kitchen is to live up to the expectations that such a setting can create. If it is sometimes full of spices, the base remains classic, playing with high end produce (foie gras, lobster ...) and sometimes the seasons. Beautiful wine list.

86, QUAI DE LA LOIRE 37210 ROCHECORBON +33 (0)2 47 52 88 88 = 40€ to 60€ FROM TUESDAY TO SATURDAY 12:15pm | 1:15am 7:15am | 9:15am

**MOKA**

«Table d’hôte/tearoom with plush ambience»
On the edge of the Lake of Rives, Moka is an unclassifiable place, between restaurant, tea room and Ali Baba’s cave. Homemade cooking feature pies and savoury cakes, mixed salads, and sweet cakes. The dishes can be accompanied by cocktails, tea or chocolate in the old fashioned way. In fine weather, the terrace at the back of the old building is exquisite. Booking recommended.

74, QUAI SADI CARNOT 37550 SAINT-AVERTIN +33 (0)7 73 56 15 07 = 16€ to 23€

**AUBERGE DE PORT VALLIÈRES**

«An inn with a gourmet touch»
A witness to the fishy past of the Loire waters. The establishment clearly shows its gastronomic ambitions: the service, orchestrated by Marie-Hélène Leroux, is attentive without being starched. In the kitchen, her husband Bruno puts the so-called noble products (lobster, foie gras, langoustine ...) in the spotlight. Complementary wine list. Terrace in summer.

188 D952 37230 FONDETTES +33 (0)2 47 42 24 04 = 23€ to 55€ FROM WEDNESDAY TO SATURDAY 12:00pm | 1:45am 7:00am | 9:15am SUNDAY 12:00pm | 13:45am

**AUBERGE PORT VALLIÈRES**

**LA PART BELLE**

«Creative cuisine and Sunday brunches (1st and 3rd of the month)»
This modern building in the place de l’église is home to a restaurant/grocers. Here, you can enjoy eating what Tony and his second have enjoyed cooking. You can appreciate the clever use of spices which balance the dishes. Good selection of beers and wines. In summer, there’s a pleasant terrace.

86, QUAI DE LA LOIRE 37210 ROCHECORBON +33 (0)2 47 65 36 78 = 17€ to 25€ FROM WEDNESDAY TO SATURDAY 11:00pm | 6:00am FROM FRIDAY TO SATURDAY 7:00am | 10:00am

5, RUE DE L’ÉGLISE 37210 ROCHECORBON +33 (0)2 47 52 88 88 = 23€ to 55€ FROM TUESDAY TO SATURDAY 12:00pm | 3:00am FROM FRIDAY TO SATURDAY 7:00am | 10:00am

FROM WEDNESDAY TO SATURDAY 12:00pm | 1:45am 7:00am | 9:15am
AT AROUND

**AU CHAPEAU ROUGE**

«Touraine cuisine prepared to perfection in Chinon»

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

49, PLACE DU G. DE GAULLE
37500 CHINON
+33 (0)2 47 98 08 08
≈ 24€ to 40€

**LA MÈRE HAMARD**

«An emblematic inn in the heart of Semblançay»

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

2, RUE DU PETIT BERCY
37250 SEMBLANÇAY
+33 (0)2 47 56 62 04
≈ 20€ to 95€

**AUBERGE POM’POIRE**

«Family ambience and local products in Azay-le-Rideau»

A beautiful country house surrounded by orchards. The decor is simple, neat and welcoming. Which is a bit like the service, where the familiar tone does not detract from its professionalism. The cuisine adds value to the work of local farmers by interpreting it in a modern way. You can enjoy a meal on the pleasant terrace on summer days.

LIONNIÈRE
37190 AZAY-LE-RIEAU
+33 (0)2 47 45 83 00
≈ 20€ to 40€

**L’ÉVIDENCE**

«A first star awarded in 2019»

Historic gastronomic address in Touraine taken on by Gaëtan Evrard, one of the most promising young local chefs. An elegant setting and a creative cuisine that conveys the pleasure the chef has in designing the menu. Professional service which could benefit from being a little more relaxed. Beautiful wine list.

1, RUE DES MONTS
37250 MONTBAZON
+33 (0)2 47 26 00 67
≈ 29€ to 87€

TUESDAY TO THURSDAY
7:00am | 9:00pm
WEDNESDAY, FRIDAY AND SATURDAY
12:00pm | 1:30am
7:00am | 9:00am
SUNDAY
12:00pm | 1:30am

FROM APRIL 15th,
AFTERNOON AND EVENING 7/7 DAYS

FROM TUESDAY TO SATURDAY
12:15pm | 3:30am
7:30am | 9:15am
SUNDAY
12:00pm | 1:30am

FROM TUESDAY TO SATURDAY
7:00am | 9:00am
FROM WEDNESDAY TO SATURDAY
12:00pm | 2:00am
SUNDAY
12:00pm | 2:00am
Tours
Val de Loire
A 360° JOURNEY

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The Charlemagne’s tower - the Place Plumereau - the Halles of Tours
News! Loire by Bike and Ancienne Abbaye de Marmoutier

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Tours 360° available on

App Store  Google play

Tours métropole
GRUB’S UP!  

LES GUEULES NOIRES  

«Troglodyte restaurant in the midst of the vineyards»  

A troglodyte house in the Vouvray vineyards, a fire crackling in the hearth in winter, a pleasant terrace in summer. As for the cooking, the bistro tradition is revisited with a light touch. Attentive welcome. Beautiful wine list where the Loire bottles mingle with finds from elsewhere. Booking recommended.

CHÂTEAU DE PRAY  

«Amboise under a lucky star»  

Next to the magnificent castle, a troglodyte room. The decoration is discreet to make way for the stone, beautiful and imposing in its own right. Time seems to hang suspended. The service is elegant and relaxed and the cuisine makes the very best of Tours’ products, brilliantly combining tradition and modernity. Exquisitely presented gourmet dishes. Well-designed wine list. In season, a superb terrace with a view of the Royal River.

VINCENT CUISINIER DE CAMPAGNE  

«Homemade seasonal cooking»  

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

LA CAVE DE LISE ET BERTRAND JOUSSET  

«Nature in your glass and on your plate»  

A wine bar in the midst of the Montlouis vineyards, where Lise and Bertrand serve their wines along with those produced by friends near and far, with everything keeping true to nature of course. To sip alongside a selection of first-rate gastronomic finds (including Bigorre black ham, preserves by Alain Grezes and Douarnenez sardines) and excellent cooked dishes. Note: opening days vary according to season, so check before you go.
Touraine’s vineyards include a wide variety of terroirs and appellations, with a significant increase in organic and natural farming methods. Although such emblematic grape varieties as Chenin, Cabernet Franc and Sauvignon are well-known all over the world, a number of old vines varieties have slowly reintegrated themselves into the Loire’s winegrowing landscape, to produce more confidential cuvées.

In addition, craft breweries are springing up across the Tours conurbation, providing a wider selection of local beverages to be enjoyed, like wine, by the bottle or by the glass.

Balloon glasses, flutes, half-pint and pint glasses, baron wineglasses, bottles, carafes and magnums there’s something to suit every thirst in Touraine!
TANIA ET VINCENT CARÊME

In the heart of the Vouvray appellation, Tania and Vincent Carême make the utmost of the Chenin grape variety with their still and sparkling wines produced using organic farming methods.

A Tours market gardeners’ son, Vincent produced his first wine at the age of 12, using grapes from his grandfather’s few vines. Starting out as a teacher at the Amboise wine school, he decided to found his estate in 1999 in Vernou-sur-Brenne, with 3.5 hectares (now 17 hectares). He converted to organic farming in 2003. He obtained his certification in 2007.

Thanks to his friends Coralie and Damien Delecheneau (winegrowers in Amboise), Vincent met his future wife Tania in 2004. Originally from South Africa, this chartered accountant specialising in the wine sector soon joined Vincent in Touraine. «It was true love at first sight and a perfect professional union!» Tania jokes. «He works on his wines by instinct, while I take care of the estate’s administrative management.»

The couple share the same values of respect for the land, and harvest each year by hand. In addition, spring ploughing of a plot of old vines («Le Clos») is carried out with a horse-drawn plough (led by a neighbouring service provider, Philippe Chigard) «This method enables gentle, precise work, which compresses the soil less and preserves the biological life around the roots,» Vincent explains.

A member of the Vouvray Wine Syndicate, Vincent working actively for the appellation: «40 weather stations will be installed in and after 2019, enabling conventional and organic winegrowers alike to reduce treatments. And we’ll soon obtain a ban on all chemical weed controls,» the enthusiast proudly announces. «We also support young people who want to settle here, by lending them equipment, advising them, and so on. We need new blood, sharing and mutual aid are essential.»

LA P’TITE MAIZ’

North of Tours, in Notre-Dame-d’Oé, a duo of friends from Tours, Christophe Le Gall and Quentin Besnard, manage the local craft brewery with passion and dynamism.

After brewing a few small volumes in the garage belonging to Christophe’s family home (whence the name «P’tite Maiz’») in 2011, the two friends obtained university degrees as «brewery operator» in 2014.

The following year, they set up the simplified joint-stock company La P’tite Maiz. «Everything came about very naturally», Christophe recalls. «I’d already developed a good network in Paris thanks to my job as bartender and festival programmer for more than ten years».

As for Quentin, he honed his experience as a brewer in New Zealand for a year before starting out. So their respective roles were clearly defined, with Quentin in production and Christophe in marketing and communication. Together, the two partners carry out research and development of their range as members of the «Craft Beer» movement, a creative and innovative community around beer.

«It’s a global, universal culture that values microbreweries, very different from large-scale industrial production. We focus on knowhow, exchange between brewers and the search for specific tastes.»

Apart from being a strong marketing concept, the «craft beer» phenomenon is an integral part of the cultural territory. La P’tite Maiz’ is present at such Tours festivals as Terres du Son, and in concert halls such as Le Temps Machine; labels are designed in part by local artists (Béatrice Myself and Terreur Graphique)... Some of their recipes also make reference to Touraine, with the addition of grape must from Azay-le-Rideau winegrower Quentin Bourse and Terre Exotique brand spices.

Malt (germinated barley) – the main constituent of the company’s 12 references – comes from Issoudun (département of Indre); an excellent way of making the utmost of local production through a small business that has really grown, marketing its products throughout France and abroad.
The Loire Valley’s Rare Grape Varieties

A meeting with Agathe Lang, an agronomic engineer who has been responsible for rehabilitation of old grape varieties at the Union of Genetic Resources of the Centre Region (URGC) since September 2018, in her office at Villa Rabelais in Tours.

What exactly is the URGC and what’s your role in it?

Agathe Lang: “It’s a group of associations dating back to 2001 and originating in Berry; it focuses on preservation of animal and vegetable resources. In 2011, the Centre region inaugurated a regional network for conservation of domestic biodiversity. Along with a second employee based in Indre, I manage projects on preservation and promotion of such animal varieties as the Touraine goose, vegetable and fruit varieties such as the Pépin de Bourgueil apple, and old local grape varieties.”

What do you classify as a “rare grape variety”?

Agathe Lang: “There were vineyards in the Loire Valley well before Roman colonization. A series of crises that started in the late 19th century, including the phylloxera epidemic, combined with far-reaching agricultural changes, led to a great many local grape varieties being abandoned. These long neglected varieties are now classified as “rare” or “modest” varieties. The list currently includes Lignage, Gascon, Genouillet, Gouget Noir, Meslier St François, Orbois, Pineau d’Aunis and Romorantin.”

What action is being taken to reintegrate these varieties?

Agathe Lang: “Our work focuses on four missions: inventorying grape varieties connected with the region, conserving them via collection of grafts and propagation of plant materials, experimenting on plants in local vineyards (with volunteer winegrowers), and promoting them through reintegration into the present-day viticultural system and setup of micro-sectors.”

A Couple of the Loire Valley’s Rare Grape Varieties...

Lignage
Known as Lignage in the 15th century, and later as Macé Doux (and numerous variants), this black Ligerian cultivar belonged to the Loire Valley’s – from Orléans to Tours – vine population for several centuries. Its sensitivity to powdery mildew and late blight, along with its low productivity, were probably responsible for its early abandonment despite its qualities. It produces a fine, delicate and almost colourless wine, and can also be vinified in white. Currently absent from Loire Valley vineyards, Lignage is the subject of an upcoming relaunch initiative: the strain conserved by INRA on the Vassal Estate (Hérault département) will be cleansed, and experimental planting is planned in Loir-et-Cher by 2021, in Jean-Marie and Thierry Puzelat’s vineyard.

Orbois
Also known as Menu Pineau, this variety grew alongside Chenin in the Loire Valley’s vineyards from Blois to Tours, before the latter found greater favour. 170 hectares of Orbois vines were identified in the Centre-Loire Valley Region in 2015. Orbois is currently mainly used in assemblages and sparkling wines. A late but extremely productive varietal, it can be very acidic if yields are not controlled. It gives lively wines light in alcohol, with aromas of white flowers. Other rare grape varieties to discover on www.urgcentre.fr

Shopping Ideas
Rare grape varieties lecture/tasting session at Villa Rabelais, Tours, on Tuesday 18 June 2019 at 6:30 p.m., upon reservation. See our shopping selection on page 39.
**Tours boasts the most beautiful square in France in which to enjoy an aperitif – that’s what the Lonely Planet guide says! Place Plumereau is the famous guidebook’s number 1 choice, and who are we to say otherwise?**

Whether you’re after a half of lager or a glass of wine, there’s something here to suit every thirst!

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**COMPTOIR SAINT KERBER**

«Les Halles is a good food landmark of the Touraine province»

It is the place where Pierre Pichot first set up his bar. Here you can try mussels reared by his family in Cancale as well as various other seafood dishes. Wide selection of wines. To eat in or to take away.

PLACE GASTON PAILLHOU
37000 TOURS
+33 (0)2 47 38 38 78

FROM WEDNESDAY TO FRIDAY
9:00pm | 1:00am
3:00am | 7:00am

SATURDAY
8:00pm | 7:00am

SUNDAY
9:00pm | 1:00am

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**Ô LIEU DIT VIN**

«Located just away from the town centre, treat yourself to lunch with a choice of simple and carefully-created dishes that are far from being dull»

For an aperitif, choose from a wide selection of wines, both locally-produced and from further afield, cured meats and cheeses, without forgetting of course its famous home-made smoked salmon.

92, RUE JAMES CANE
37000 TOURS
+33 (0)2 47 36 95 52

MONDAY
12:00pm | 3:00am
THURSDAY, FRIDAY, SATURDAY
10:00pm | 7:00am

TUESDAY
10:00pm | 1:00am

WEDNESDAY
12:00pm | 8:00am

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**LA RÉSERVE**

«A place in which to enjoy an aperitif, a snack, or a final drink at the end of your evening»

A wide selection of beer and wines are available to complement dishes of mussels, cured meats and cheeses. There is also a selection of local produce that can be found at the grocer’s next door, called l’Epicerie de la Réserve. Beautiful garden terrace.

84, RUE COLBERT
37000 TOURS
+33 (0)2 47 38 38 78

FRIDAY AND SATURDAY
11:00am | 2:00am

FROM SUNDAY TO WEDNESDAY
11:00pm | 00:00am

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**BISTROT DES BELLES CAVES**

«An establishment with many strings to its bow»

At the entrance, the bar with its lounge atmosphere is the perfect location in which to enjoy tapas (smoked fish, rillons, cheeses...) and to choose from one of the thousand and one wines available to try. To the rear there is a bistro restaurant, and to the side, the wine cellar.

23, RUE DU COMMERCE
37000 TOURS
+33 (0)2 47 65 71 21

FROM TUESDAY TO SATURDAY
12:00pm | 3:00am
6:00am | 00:00am

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28
**LA GRANDE OURSE**

“A neighbourhood bar with a shaker and a pleasant atmosphere that turns into a canteen at lunchtime.”

On the cocktail side, Bettina’s reputation as a mixologist is confirmed by tasting: from classic to more personal creations, the menu is constantly evolving. At lunchtime, her partner Achille gets busy at the oven and produces dishes combining local products and recipes from here and elsewhere. In all simplicity.

31, RUE DU GRAND MARCHE
37000 TOURS
+33 (0)2 47 61 76 14

**LE DAGO BAR**

“A pleasant atmosphere with vintage decor”

Cured meats and cheeses accompanied by a wine menu representing all of France’s wine-producing regions (including some special examples). It’s sister bar, Le Dagobert, located nearby, offers the same choice of wines in a bistro setting.

9 RUE DU DR. BRETONNEAU
37000 TOURS
+33 (0)2 47 96 31 87

**LE P’TIT BLANC**

“A real Aladdin’s Cave for wine enthusiasts with examples from the finest French vineyards” (including famous wines of quality, wines from popular producers, old vintages...). Serving simple and tasty bistro dishes at lunchtime; and excellent meals in the evening. The venue also operates as a wine cellar.

23, PLACE G. PAILHOU
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**LES DIX FUTS**

“A name that immediately sets the tone: ten, for the number of draught beers on offer every day”

All handcrafted. An international selection that will delight enthusiasts. And the uninitiated can taste before choosing their pint. Platters of titbits selected with gourmet flair are served alongside your selected beer.

THE «APERÖi... DIFFERENTLY

From the top of the Tower Charlemagne with a stunning view of the city or on the river whilst sailing on the rhythm of the currents of the Loire, aboard a traditional boat, book your favorite way to have an appetiser on www.tours-tourism.co.uk
Vegan, gluten free, flexitarian, paleo and so on... Faced with all these (sometimes dubious) food practices that are sweeping across planet food, there's only one positive idea to keep in mind: the desire to go green for the common good. Besides the occasional detox cure, this now means taking care of our bodies and the Earth with fresh seasonal products with minimum impact on the ecosystem. A return to the roots rather than a passing trend.

Tours Métropole Val de Loire supports numerous projects designed to step up local production and consumption, for a sustainable food supply. Such initiatives, led by men and women of true passion, promote organic and responsible production.
And according to a local saying “the heart of Tours beats at Les Halles”.

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

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

Follow your heart…
It will take you to “the belly of Tours”!

The quality of the products
It has made the reputation of the Halles de Tours. It allows this area to still attract so many different people everyday. At a time when we all get more and more concerned with the quality and the origin of the products, this high level of requirement from the shopkeepers and chefs here makes sense and is much appreciated.

leshallesdetours@gmail.com
leshallesdetours.fr
Place Gaston Paillhou
37000 Tours
ENCOUNTER WITH XAVIER MATHIAS,
GARDENER AND PHILOSOPHER.

The son of winegrowers in Vouvray, Xavier Mathias remembers his childhood in the family vineyard, «Monoculture bored me even back then, that’s how my passion for biodiversity must have been born!»

So his desire to become a market gardener took root very early on. Xavier moved to Chédigny, near Loches, in 2004, taking over a two-hectare plot with a view to growing top-quality produce in small quantities. A lover of the land and respectful of all living things, he naturally decided to use organic methods.

«It’s 40 years now since I stopped using glyphosate; I really don’t understand why its sale hasn’t been banned. But we can all use our non-purchasing power!»

Committed without being an activist, he stays optimistic by observing the many agroecological initiatives underway, such as the Fermes d’Avenir (Farms of the Future) association founded by his friend Maxime de Rostolan at Château de la Bourdaisière in Montlouis-sur-Loire (see the film On a 20 ans pour changer le monde (We’ve Got 20 Years to Change the World), released in April 2018).

Although permaculture holds no secrets for him, Xavier nonetheless underlines the limitations of this «ethical and practical movement», whose meaning, in his eyes, has become somewhat debased these days. «You don’t do permaculture, you draw inspiration from it. Above all, it’s a movement dating back to 1978 which aims for reasoned production and fair sharing.»

«I always interested in discovering rare or forgotten varieties.»

According to Xavier, people should be given more encouragement to learn the basics of gardening without intellectualising its practices too much. «We need to nurture a gardening culture and get back to the idea of Mother Earth, of food autonomy.»

The basics he speaks of were instilled in him by his mentor in Chédigny, Jacques Plot, «a farmer with all the beauty and poetry expressed by the term.»

With a true passion for underground storage organs, such root vegetables as carrots, beetroots, yacons and mashua tubers, Xavier is also always interested in discovering rare or forgotten varieties.

For several years now, for example, he’s been trying to bring back the Tours spiny cardoon, whose sides, roots and inflorescence were eaten in the Touraine region in the early 20th century, but which is no longer to be found on market stalls.

As talented with words as he is at growing vegetables, Xavier is the author of numerous works on organic farming, including La vie sexuelle de mon potager (published by Terre Vivante), Faites pousser et dégustez vos protéines! and Au Coeur de la permaculture (both published by Larousse), and Le temps du potager (published by Flammarion). He is also a regular broadcaster on France Inter, RTL and France 5.

His Chédigny vegetables, plants and seeds haven’t been marketed since 2016. «I had to hire staff in 2014, production increased, and I sold my produce to various starred restaurateurs in Paris. But being a managing director didn’t suit me at all. I don’t much like the idea of producing on that scale, because to produce should mean to enrich.»

«Purveyor of stories and actions»

These days, Xavier Mathias prefers to pass on his knowhow as a «purveyor of stories and actions». Hence, he takes part in a great many conferences and lends his support to various projects in France and abroad. A way of continuing to spread his convictions and encourage young people to work the land with love.
LA CULTURE DU PARTAGE
SUR LA PLACE PLUMEREAU
THE CULTURE OF SHARING
AT PLACE PLUMEREAU

Tours
Val de Loire
TOURS-TOURISME.FR
CONVERGENCES BIO

Held every year since 2005 on the occasion of the Heritage Days, the Convergences Bio event brings together small producers from Touraine around a “farming village” on the banks of the Loire in Tours. A great celebration orchestrated by Bernard Charret, Chef at Les Chandelles Gourmandes in Larçay. “The initial idea was to create a day around the meeting, to discover good products. We had 12 producers at the first edition, winegrowers, market gardeners, breeders and so on. Today we have about a hundred of them”, says the Chef proudly. “Not all of them are certified organic but they all work in a way that respects the earth and living things.” With 10,000 visitors in 2018, Convergences Bio stands out for its conviviality, spirit of sharing, and exchanges on good eating.

www.facebook.com/Convergences-Bio-152777944750330/

A TABLE GUIDE, ADDRESSES FOR ENJOYING ORGANIC AND LOCAL FOOD IN TOURAINE

Since 2009, the Association Tourangelle pour une Alimentation Biologique Locale et Équitable (ATABLE) has been working to promote local consumption in Touraine that respects people and their environment and is accessible to all. It helps develop links between organic farmers and consumers, via a website that lists all the addresses in Touraine where organic products can be found.

ÉPICERIE LABEL ÉCHOPPE

This grocery stall selling 100% organic local products was set up by a collective and seeks to (re)revitalise local life in Rochecorbon. An “eco, logical and reasoned” living space, it aims to be intergenerational, like the village grocer’s shops of yesteryear, and make the utmost of products between land and Loire. Every day a homemade cake or soup is made using the stall’s fruit and vegetables, to be eaten onsite or taken away. A range of cultural activities is also organised there (readings, concerts, etc.) and an oyster bar is set upon Sunday mornings from September to the end of May.

BEAUJARDIN ORGANIC MARKET

From 8 a.m. to 12:30 p.m. on Wednesdays and Saturdays, 16 organic producers set up their stalls in Tours’ Beaujardin neighbourhood: 6 selling fruit and vegetables, 3 selling bread, 3 milk and cheese producers, 2 meat producers, and 2 poultry producers.
The Loire Valley has close ties with Japan, what with the twinning of the cities of Tours and Takamatsu, the Association for Teaching Japanese in Touraine (APEJT) and the Lycée Konan Japanese international secondary school in Saint-Cyr-sur-Loire (now closed). Since 2015, Tours Événement has also been showcasing Japanese pop culture during the Japan Tours Festival (www.japantoursfestival.com). Nor has gastronomy been left by the wayside, with chefs and producers combining the “Garden of France” with the Land of the Rising Sun.

When Touraine’s gastronomes draw inspiration from Japan...

Mathilda Motte - LA MAISON DU MOCHI
After living in Japan, Mathilda Motte decided to make mochis in her house in Saint-Martin-le-Beau.
What is a mochi? It’s a little velvety ball, composed of a sticky rice husk around a heart made from sweet bean paste. A sweetness similar to the macaron, with its delicate powdery universe and “tea-time” spirit. However, it’s contains much less sugar; it’s entirely vegetable, fat-free and gluten-free.
La Maison du Mochi was created in 2016 with an online sales site and Japanese cooking workshops held at Mathilda’s house. The mochis on offer are created from mainly organic raw materials. In April 2019, La Maison du Mochi will open its first shop in Paris’ 6th arrondissement. A true Touraine success story in tribute to the Land of the Rising Sun’s gastronomy...

Jean-Nobuki Rémon - NOBUKI TABLE JAPONAISE
Yoko Rémon, a Japanese woman married to a Frenchman, was employed by the Centre Region in the late 1970s, working hard at organising exchanges between her country of origin and the Loire Valley. Among other things, she organised the twinning of the cities of Tours and Takamatsu in 1988, and created an association for teaching Japanese in Touraine, the APEJT, in 1989.
Her son, Jean-Nobuki, trained in traditional French cuisine and pastry-making at Lycée Albert Bayet in Tours. After stints with Charles Barrier and La Chocolatière in Tours, he decided to continue his career at rue Sainte Anne in Paris, in Cyprus and then in Brussels. He moved to Tokyo in 2005, where he met his future wife Shōko. The couple worked in a French crêperie created by a Breton, Bertrand Larcher (founder of the famous Breizh Café). This meeting left its mark on Jean-Nobuki: “I became aware of the importance of short supply chains, of the Locavore movement.” The pancakes were produced using local buckwheat, a key ingredient in Japanese cuisine, also used in making soba (noodles) and sobatcha (infusion).
In 2012, Shōko and Jean-Nobuki left Japan for Touraine. They opened their restaurant a year later near Tours’ Prefecture: “We really wanted to find a discreet location, in our own image, in a quiet neighbourhood. The idea was to serve sophisticated traditional Japanese cuisine, very different from the old sushi/skewers cliché.”
The name Nobuki, means “eternal seasons” in the Land of the Rising Sun. And seasonality is in the spotlight as far as the menu is concerned, with a maximum of products from the Loire terroir. The “Japanese rillon” is a perfect example of their delicate and very tasty fusion cuisine; it combines dashi stock made from seaweed and bonito with “Roi Rose de Touraine” pork belly. On the wine side, the menu also makes the utmost of the Loire Valley, with organic and natural cuvées and a fine selection of sake.

When Japanese gastronomes settle in Touraine...

JAPAN TOURS
Takayoshi Hirai - SANGA
Takayoshi Hirai arrived in Touraine in 2004; he started off by teaching mathematics to Japanese expatriates at Lycée Konan in St-Cyr-sur-Loire. A firm believer in the “homemade”, he wanted to continue preparing his own miso, as his family had always done in Japan. Miso is made by fermenting soya (or rice, barley, etc.) with koji. It is one of Japanese cuisine’s essential condiments. Koji is a natural ferment obtained with the help of a bacterium called Aspergillus oryzae. It is also used to make sake, shoyu (soy sauce), etc. Koji is used to preserve food by fermentation and add a great taste, Umami, also known as “the fifth flavour”. “A problem soon arose, where do I get the koji?” Takayoshi recalls. So he decided to make it himself. After a good many trials, his production grew in size, and more and more expatriates started placing orders with him. When Lycée Konan closed in 2014, his hobby became a professional activity in its own right. He went on to set up the Sanga online sales site. “These days, I make my miso with local products, including soya and wheat certified as organic from a farmer near Tours, and my miso sauce with Touraine white wine replacing rice wine. I also organise workshops to pass on some of my knowledge. And as I remain very much attached to the local base in my approach, You’ll find me every Saturday at the Beaujardin de Tours market.” (p.35)

Anna Shoji - YASAI
Born in Tokyo and enrolled in French schools from an early age, Anna Shoji has always had an attraction for France “Every summer, my parents sent my brother and me to spend a holiday in Nord-Pas-de-Calais, to get a real breath of fresh air”. “Unlike many Tokyoiotes, we had no family outside the city, we grew up in the midst of skyscrapers”. So Anna has always had a hankering for green surroundings. After studying near Avignon, she worked in Algeria for 5 years as an international project coordinator. “As Japanese vegetables were not available in that country, I decided to create a vegetable garden along with some colleagues of mine.” She developed a passion for market gardening and the idea of founding a farm took root. After an internship at an agricultural school in Japan, Anna set off in search of land suitable for her future crops. It was in Touraine that she found her heart’s desire: two hectares of organically farmed land, with greenhouses, in the little village of Ligueil. “I was delighted to settle in the heart of the gardens of France, I received a very warm welcome, a lot of kindness and mutual help.” So now, daikon, edamame, mizuna and shiso grow in these Loire fields, alongside a few local varieties. Some fifteen species are harvested each season and marketed to such renowned chefs as Gaëtan Evrard and Keisuke Yamagishi, and soon to Anthony and Fumiko Maubert.

Bruno Menard - CHEF 3* MICHELIN
The son of a chocolatier (La Chocolatière in Tours), Bruno Menard served his cookery apprenticeship near Saumur. After spending some time in Paris, he returned to his native Touraine, working at Château d’Artigny, then at Charles Barrier’s and Jean Bardet’s restaurants. In 1994, he was selected as one of France’s six most creative chefs by Gault & Millau. In 1995, he flew to Japan and headed the kitchens at the “Tatou Tokyo”, and then at the Ritz Carlton in Osaka. In 2007, he obtained his third Michelin star at the French restaurant l’Osier in Tokyo. In 2019, Bruno Menard joins some thirty internationally renowned chefs, including the French 3* Yannick Alléno, in the Cook Japan Project. The aim is for chefs to provide demonstrations of their culinary signature adapted to the Japanese terroir in temporary restaurants in Tokyo between 2019 and 2020.

When Touraine’s chefs reach for Japan’s stars ...
TOURS SUR LOIRE
A venue for encounters and exchanges galore, the 2019 edition of Tours-sur-Loire is back this year from 3 May to 29 September. As usual, Tours-sur-Loire will include its flagship attractions: the “Chez Dupont” restaurant, the main Guinguette (riverside café) with its great ambience and dancefloor, the “Bar à Mômes” family area, and “Le Foudre” cocktail bar. There’ll be plenty to see and good humour abounding wherever you look, among locals and visitors alike.

www.facebook.com/GuinguetteDeTours

EMMAGINE LE BOUT DU MONDE
Stop off in Berthenay, between Tours and Villandry, and treat yourself to a spot of relaxation and gourmandising in the heart of a magnificent garden of aromatic plants whose qualities are employed to perfection in Emmanuelle’s cuisine. You can reserve picnic baskets for your bicycle tours, containing such specialities as Loire fish terrines, duck rillettes, home-grown raw vegetable and herb salads, vegetable chips and local wine. All for just €25 per person.


VOLUPIA
This 100% organic local wine bar a few minutes from Amboise provides refreshment in its troglodyte cave and outside on the banks of the Loire, in true riverside-café spirit. It’s open from March to October, with plenty of events on the bill of fare, including St Patrick’s Day and Halloween evenings and concerts. It also sells groceries; so you can get back on the road with a “Made in Touraine” snack or two in your bike basket.

www.volupiacave.fr

TOURS SUR PLAGE
On the right bank, across from Tours-sur-Loire, Quai de Portillon beach is a haven of natural tranquillity, without ambient music or musical programming, and without Wi-Fi. Paying full respect to the Loire banks’ natural décor, it organises a wide range of activities centred on ecology. A bar and a restaurant serving local dishes are open Wednesday to Sunday from 12 noon to 9 p.m., from 10 May to the end of August 2019.

www.facebook.com/tourssurplage

PANIER PIQUE-NIQUE TOURS À TABLE
You can order picnic baskets all year round from Tours à Table; “Solo” (€15) and “Duo” (€24) baskets contain selections of top-quality homemade products, including fresh garden salads, vegetable cake, financier cakes, moist chocolate cake squares and compotes... All accompanied by locally produced terrines and rillettes, your choice of drinks, and fresh bread.

www.toursatable.com/formules-pique-nique

La Loire à Vélo (The Loire by Bike) cyclotourism itinerary, which connects the Centre-Loire Valley and Pays de la Loire Regions, provides you with the perfect route for getting acquainted with the metropolis of Tours and its surroundings as you pedal your way alongside the royal river. Feeling in need of a bit of a boost? Here are a few ideas for a gourmet break between two bouts of pedalling...

LUNCHTIME BY BIKE
LA BOUCLÉE BOTTLE-HOLDER
A single piece of interwoven leather designed to carry wine on your bike. Originally created to promote Saumur Wines, partners of various cyclotourism events held in the midst of the vineyards. 100 % calfskin leather, vegetable tanning.
Available from Maison des Vins, 15 rue Gambetta 37130 Langeais €40.
www.laboucle.com

MAISON CAULIÈRES
For the last 250 years, this family estate in Dolus-le-Sec, near Loches, has been growing cereals, sunflowers, colza and linen with medicinal properties. Skincare products made with cold-pressed natural virgin oils are distributed in international luxury hotels, including Hôtel de Crillon in Paris. In order to highlight the naturalness of its products, Maison Caulières has developed a culinary range, for customers' total immersion in its world. For almost 100 years now, the family has also been hand-producing its own honey, along with infusions harvested by hand.
www.maisoncaulieres.com

RARE AND FORGOTTEN GRAPE VARIETIES
A native of Touraine, François Bonhomme has a true passion for good eating and fine wines, and sells a selection of cuvées created from some of the Loire Valley's rare and forgotten grape varieties. His online sales website lists such unusual items as Domaine Patrice Colin’s 100% Pineau d’Aunis Intuition 2014, Domaine Badiller’s Rosé de Grolleau 2017, and Vignoble Dinocheau’s Orbois 2015, AOC Touraine.
Website scheduled to open in 2019. Contact François Bonhomme by email: labourrichetourangelle@gmail.com

THE “GALETTE BOURGUEILLOISE”
Created in the village of Bourgueil in the 1970s and trademarked in 1976, this brioche-style cousin to the Saint-Tropez variety is filled with light-as-air vanilla cream. The recipe remains a closely-guarded secret and attracts gourmets from all over the region. Almost 60,000 are sold every year!
Pâtisserie Brémaud, 3 Place des Halles 37140, Bourgueil. From €2.20 per portion to €13.50 for 10 people.
www.patisserie-bremaud-bourgueil.fr

DRAWING THE CITY APERITIF BOARD
This hevea wood aperitif board is engraved with a fresco depicting the City of Tours’ monuments, a skyline created by the young Orléans brand Drawing the City, promoting architectural heritage via an unusual decorative item.
Available from the Tours Loire Valley Tourist Office, 78-82 rue Bernard Palissy 37042 Tours.
Small version €19.90, large version €24.90.
www.drawingthecity.biz
> Tours Fair – Gastronomic Village
France’s 5th largest fair (in terms of commercial surface area), Tours Fair includes a gourmet area not to be missed out on! 3 to 12 May 2019
Tours - lafoiredetours.fr

> Charlemagne Tower Aperitif
And how about getting a bit higher up when aperitif time comes round? 248 steps to climb for an aperitif with a view! 3 May to 27 September 2019, every Friday at 7 p.m.
Tours - tours-tourisme.fr

> Tours sur Loire
The Tours Guinguette is back in action again at the foot of the Wilson Bridge! On the programme: concerts, open-air cinema, and activities for the whole family.
3 May to 29 September 2019
Tours - tours.fr

> Tours sur plage
A green oasis in the heart of the city centre! Cross the Wilson Bridge and enjoy a relaxing break on the right bank of the Loire.
10 May to 31 August 2019
Tours - tours.fr

> Vitiloire
Chefs’ workshops, lectures, expert visits, encounters with winegrowers, and tasting sessions. It’s THE unmissable rendezvous with Loire Valley Wines.
5 and 26 May 2019
Tours - vitiloire.tours.fr

> The Springtime of Permaculture
Lectures, workshops, producers’ market and local exhibitors
25 and 26 May 2019 at Château de Taillé
Fondettes - leprintempsdelapermaculture.fr

> 7 Wines / 7 Gardens
Third edition, new format! Set off in discovery of Loire Valley wines in the company of Christophe, an oenologist who will be your guide on a highly original sensory visit to 7 gardens in Tours.
8 and 22 June, 6 and 20 July, and 3, 17 and 31 August
Tours - tours-tourisme.fr

> International Cheese Tours
This year, the trade show opens its doors to the public at large for a soiree to remember, featuring a gargantuan cheese platter: 150 metres and 3 tonnes of the world's cheeses waiting to be sampled!
3 June 2019 at 7:30 p.m. Reservation required, places limited.
Tours - mondialdufromage.com

> Garlic and Basil Fair
On Saint Anne’s Day, the city adorns itself in green, pink and white and opens its arms to the region's garlic and basil producers
26 July 2019
Tours

> “Entrecote with Shallots“ Fair
Grills, activities, and village dance
29 and 30 June 2019
Saint-Genouph

> International Pepper Festival
A spicy event! On the programme: lectures, tasting sessions and activities during a visit to pepper country.
29 and 30 June 2019
Saint-Cyr sur Loire - festivaldespoivres.fr

> Market of Flavours
Market with a wide selection of regional delicacies to choose from, musical entertainment and fireworks.
1 August 2019
Savonnieres - savonnieres.fr

> Vines, Wines and Walks
Tasty rambles through the heart of the Loire Valley’s vineyards!
31 August and 1 September
Val de Loire - wr-valdeloire.fr

> Île Simon’s Festive Solidarity Banquet
20 September 2019
Tours

> “Convergences Bio” organic market
More info page 35
15 September 2019
Tours

> Gastronomy Autumnals
Tours’ top chefs will be creating gastronomic meals at a special single price of €36 including drinks. Chef’s names and menus are kept secret until lunchtime comes round!
22 September to 24 October 2019
Domaine de Candé, at Monts, but everywhere!

> Saisonnez-Vous Saisons de Loire
2nd edition of an event devoted to local seasonal products, with Artisan Producers of Quality and Chefs belonging to the Culinary College of France in attendance.
Sunday 13 October
Amboise

> Biotyfoule
Tours organic winegrowers’ fair. In November (date to be confirmed)
Tours - biotyfoule.org

Find full information on IEHCA (European Institute for the History and Culture of Food) cultural programming, accessible to one and all: Masterclasses, cultural events, lectures, and more besides! Rendezvous on www.iehca.eu
The dinner table was a setting much favoured by Balzac the writer, as it provided an ideal opportunity to bring The Human Comedy’s protagonists together. As for Balzac the man, he seems to have oscillated between asceticism and voracity throughout his life.

When he was working, he was a model of austerity, eating little and drinking coffee by the litre. When he was relaxing between two works, however, he was capable of devouring very considerable volumes of food.

As regards the products of his native soil, it was the wines whose praises the writer sang with the most enthusiasm: Touraine has the same effect on me as pâté de foie gras when you’re up to the chin in it, and its delicious wine, instead of making you tipsy, makes you stupid and happy”, he wrote in 1830. His favourites were Vouvray wines, “true velvet”. As for food, one cannot but recall the excitement felt by young Félix de Vandenesse, hero of “The Lily of the Valley” (1836), at the sight of rillons and rillettes, proclaiming that “I had never been so happy as to see the brown confection spread on a slice of bread for my own eating”. A less well-known fact is that Balzac, a great connoisseur of fruit, held Touraine’s clingstone peaches in great esteem.

Conferences and exhibitions devoted to Balzac and food are scheduled throughout 2019. A “Balzac’s Table” meal was organised on the 28 March at the CFA Tours Alternance Formation apprentice training centre, in partnership with the European Institute for the History and Culture of Food (IEHCA) and with support from the City of Tours. Another initiative on the part of Touraine’s pastry cooks: creation of the “Balzac de Tours” cake, coffee-flavoured of course!
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