



Don't miss these specialties in Dijon



You will arrive in *Dijon* on Wednesday afternoon at approximately 12:15 PM. Be certain to make your way very quickly to *Les Halles de Dijon*, the town's indoor food market. The merchants will close their stalls at 1:00 PM.

Around the outside of the *Les Halles de Dijon*, you will find all types of flea market merchants and many bistros and cafes with outdoor seating. Lunch!



Moutarde de Dijon

Dijon is famous for its mustard production. Food historians traced the origination of mustard to the year 1336 when the new condiment was served to *King Philip IV*. The word mustard comes from the Latin word “*must*” which means unfermented grape juice known as *verjus*. It was mixed with mustard seeds. You can have a mustard tasting at Maille.





Pain d'épices

Pain d'épices is the quintessential *Dijon* snack. It is a quick bread made with a mix of flours including rye, and spices such as cinnamon, ginger, nutmeg, clove, cardamom, aniseed and sweetened with honey. There is a version of this spice bread in *Reims*. You will find it in various forms. The traditional loaf, in decorative shapes, and garnished with dried fruits.





There are many *Pain d'épices* shops in *Dijon* including *Mulot et Petitjean*, and *Maison Toussaint*. In addition to a snack, this spice bread is used by pastry chefs and culinary chefs in many recipes for desserts and savory items.





Escargots à la Bourguignonne

Escargots à la Bourguignonne, or “Burgundy snails,” gained popularity in the 19th century, specifically in 1814, when *French Minister of Foreign Affairs, Talleyrand*, served the dish to *Emperor Napoleon*. The snails are cooked in a delicious butter, perfumed with garlic, and parsley sauce. The recipe was created by the renowned chef *Antonin Carême*. The dish's success led to its widespread adoption and became a staple in French cuisine, particularly during holidays.

Pick up some utensils related to *Escargots à la Bourguignonne* to add to your “*batterie de cuisine*”, your collection of utensils to enhance your career.





Cassis Candy

Crème de Cassis is the black currant liquor that is used to make the traditional *aperitif* of Burgundy, the *Kir*. Traditionally, it is made with *Aligoté* white wine. *Crème de Cassis* and sparkling wine is a *Kir Royale*.

Cassis or black currant flavors can be found in candy, tea, sorbets, ice creams, pastries, savory sauces and even mustard. Look for *Cassis pâtes de fruits*, – delicious black currant fruit pastes.





Coq au Vin

Coq au Vin is a rich stew of chicken in wine sauce. In *Burgundy* it is traditionally made with red wine. Several legends trace *Coq au Vin* to ancient *Gaul* (the original name of France) and *Julius Caesar*, but the recipe was not documented until the early 20th century. There are modern variations of this classic recipe.



Oeufs en Meurette

Oeufs en Meurette is a classic Burgundian dish of poached eggs in a rich, red wine sauce. It is traditionally garnished with *petits lardons* (strips of bacon), onions, and croutons. There are many variations. *Oeufs en Meurette* would be a fantastic lunch in *Dijon*.





Charcuterie Shops

In recent years the word *charcuterie* has taken on a slightly different style for Americans. Today, in the USA, a “*charcuterie tray*” is most often a mix of dried sausages, deli meats, cheeses, fruits, etc.

Charcuteries are specialty food shops featuring pâtés, terrines, fresh and dried sausages, ham, along with a variety of specialty foods. The word *charcuterie* is a combination of the French words “*chair*” for flesh and “*cuit*” for cooked.

While in France visit these wonderful shops.





Jambon Persillé

Jambon Persillé, or “Parsley Ham” is a traditional French dish that combines two key ingredients – ham and parsley. This delicacy originated in *Burgundy*. It is a beloved staple in French cuisine.

To create *Jambon Persillé*, a cured ham is first cooked until tender. It is braised very slowly in an aromatic stock. It is then finely chopped and mixed with an abundance of fresh parsley. Sometimes the tender ham is cut into cubes or small dice. The mixture is seasoned with various herbs and spices such as garlic, thyme, and bay leaves to enhance the flavors.

The final step involves pressing the mixture into a terrine or bowl, allowing it to set and develop its distinct texture. Once chilled, *Jambon Persillé* is delicious served in thick slices alongside crusty bread, Dijon mustard, and cornichons. Enjoy it as a first course for lunch.





Gougères

Gougères are a very popular and traditional *amuse-bouche* served before a French meal. It is made from a savory version of *Pâte à Choux*: cream puff dough. It is flavored with cheese; most often with *Gruyère*, *Comté*, or *Emmentaler*. You can create your own versions with other cheeses, herbs and spices.

Traditionally they are served empty, but you can add savory fillings. They are great if you are catering a party or a dinner for clients because they freeze and reheat well.

You will see them in boulangeries and pastry shops as large servings or miniature version for *amuses-bouches*.





Morvan Ham

This much-loved ham from *Morvan* pigs is raised near the village of *Bazoches* in the *Nièvre* region of *Burgundy*. The fresh hams are covered with dry salt and aged for at least 18 months. This gives hams the incomparable aromas and flavors. Serve it thinly sliced, cold with great baguette, or use it in Burgundian recipes.





Cheese from Burgundy

Be certain to visit one of the many *fromageries* in *France* and “say cheese”.
You will be amazed as the huge variety.





If you are having lunch at a fine restaurant and they have a cheese trolley, by all means, enjoy that experience. There are countless great cheeses in Burgundy: cow, sheep, and goat. Ask your server to recommend the local cheeses. Create a “tasting” of 5 to 7 cheeses from milk, to strong, from double-creams to blue cheese.





Les Anis De Flavigny

Anise de Flavigny is a candy from *Flavigny-sur-Ozerain* in Burgundy. Anise candies were first made by the *Benedictine* monks of the *Abbey of Flavigny* founded in 719. The *Roman* traveler *Flavius* was one of the first to discover this confection created by the monks. After the *French Revolution*, several confectioners began making this delicacy using a similar recipe.

An anise seed is encased in sugar which can have a variety of natural flavors such as orange, mint, licorice, rose, lemon, and violet. *Les Anis de Flavigny* candy still delights today as it has for centuries.

Today, *Anis de Flavigny* candies are still made using traditional methods from centuries ago in the factory located in the former abbey.

