

Press pack

The Vendée,

A gourmet destination

Collection 2018



www.vendee-tourisme.co.uk

Where is the Vendée ?

The Vendée is an area of Western France which lies on the Atlantic Coast, south of the Loire, between the cities of Nantes and La Rochelle. It is about 600 km from the UK.



How do I get to the Vendée?

It is really easy to get to the Vendée, thanks largely to the proximity of the airports at Nantes and La Rochelle, both of which are less than an hour's drive away and served by scheduled flights from the UK. The area has also opened up to road and rail traffic, making travel by car (via ferry or tunnel) or train equally viable.

By air (about 1 hour):

To Nantes-Atlantique Airport (83 km from the Vendée)

From London City (Air France by Cityjet)
From Manchester, Southampton (Flybe code share Air France)
From Liverpool, London Gatwick (Easyjet)
From Dublin and Shannon (Ryanair)
From Glasgow

To La Rochelle/Ile de Ré Airport (94 km from the Vendée)

From London Stansted, East Midlands and Dublin (Ryanair)
From London Gatwick and Bristol (Easyjet)
From Birmingham, Manchester and Southampton (Flybe)
From Leeds-Bradford and Edinburgh (Jet2)

By rail (about 6 hours):

From London Saint Pancras to Lille Europe (Eurostar), then TGV from Lille Europe to La Roche sur Yon/Les Sables d'Olonne
From London Saint Pancras to Paris Gare du Nord (Eurostar), then TGV from Paris Gare Montparnasse to La Roche sur Yon/Les Sables d'Olonne

Main stations in the Vendée: La Roche sur Yon, Challans, Saint Gilles Croix de Vie, Les Sables d'Olonne, Montaigu, Luçon.

By road via ferry/tunnel (about 7 hours):

To Saint Malo (265 km from the Vendée):

From Portsmouth (Brittany Ferries)
From Weymouth, via the Channel Islands
From Poole (Condor Ferries)

To Caen (393 km from the Vendée):

From Portsmouth (Brittany Ferries)

To Roscoff (402 km from the Vendée):

From Plymouth and Cork (Brittany Ferries)

To Le Havre (421 km from the Vendée):

From Portsmouth (LD Lines and Brittany Ferries)

To Cherbourg (428 km from the Vendée):

From Portsmouth (Brittany Ferries)

From Poole (Brittany Ferries)

To Dieppe (484 km from the Vendée):

From Newhaven (LD Lines)

To Boulogne (604 km from the Vendée):

From Ramsgate (Euroferries)

From Dover (Speedferries)

To Calais (636 km from the Vendée):

From Dover (P&O Ferries and LD Lines)

From Folkestone (Eurotunnel and Speedferries)

To Dunkerque (676 km from the Vendée):

From Dover (DFDS Seaways)

To Saint Nazaire (52 km from the Vendée):

From Roselare (LD Lines)

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The Vendée, a land of flavours



France's premier tourist region on the Atlantic coast, the Vendée boasts a rich heritage and a traditional and varied cuisine. Home to seven Michelin-starred restaurants (two with 2 stars and five with 1 star), the French department in the Pays-de-la-Loire region is a natural destination for foodies. With plenty to see and do (as well as eat and drink!), the department invites visitors to explore the four corners of the Vendée – a feast for the eyes and palate.

GOURMET TRAILS IN THE VENDÉE

The Vendée's gourmet culture is a main attraction for visitors to this tourist region. The Vendée is replete with small producers and excellent addresses where visitors can enjoy a pleasurable dining experience with quality ingredients.

Our journey starts on the island of Noirmoutier, famed for its salt marshes in the northwest, where salt gradually forms under the evaporative action of the sun and wind. Noirmoutier is also home to the delicious "bonnotte" potato. This star tuber with a pleasant hazelnut flavour is served just a few days a year in the finest restaurants around France. Even President Obama had a taste in 2015 when he visited Paris for the climate change conference COP21.

From the Bay of Bourgneuf to the Bay of Aiguillon, Vendée-Atlantique oysters that evoke the sea are lovingly farmed for the pleasure of oyster-lovers. Many foodies say that springtime yields the most delicious ones, but gourmets get to enjoy them all year round.

The Bay of Aiguillon is also where Bouchot mussels were first farmed. An iconic product of the Vendée, the moquette – a white haricot bean – is a traditional crop grown in the Bas Bocage. Enjoyed plain with just a knob of butter, they also make a delicious accompaniment to Vendée ham.

Brioche is also the pride of the Vendée. Sweet and exquisitely fragrant, brioche has always been consumed in large quantities in the Vendée.

A traditional product of the Fontenay-le-Comte region, préfou, a type of garlic bread, is also a local speciality.

VENDÉE SPECIALITIES

Famous for its mogettes (white haricot beans), préfou (a type of garlic bread), trouspinette (sweet liqueur), tourtisseaux (doughnut) and gâche (a type of brioche), the Vendée has a thousand and one ways to whet your appetite. Packed with marine-infused flavours from the coast, local seafood include sardines from Saint-Gilles-Croix-de-Vie and Vendée Atlantique oysters, not forgetting sablaise sole, bass and shellfish... you'll be spoilt for choice.



WINE TOURISM IN THE VENDÉE

The Vendée is home to Fiefs Vendéens wines, the history of which date back to the Middle Ages when monks tended plots of land. Brem-sur-Mer, Pissotte, Mareuil-sur-Lay, Vix and Chantonay make up the five 'Fiefs Vendéens', whose wines achieved AOC status in 2011. Since fine cuisine and fine wine make the perfect marriage, wine tourism is a fantastic way to explore the Vendée by getting better acquainted with its 'fiefs'. Local winegrowers organise bike tours of the vines, wine tastings and visits to new wineries to introduce visitors to the Vendée's rich wine culture.



MICHELIN-STARRED CHEFS AND FRESH TALENTS

The Département of the Vendée can congratulate itself for not only having confirmed but also bolstered its place as a gourmet destination with **one new star in 2018: Anthony Lumet, (27 years old) at the Restaurant Le Pousse-Pied in La Tranche sur Mer.**

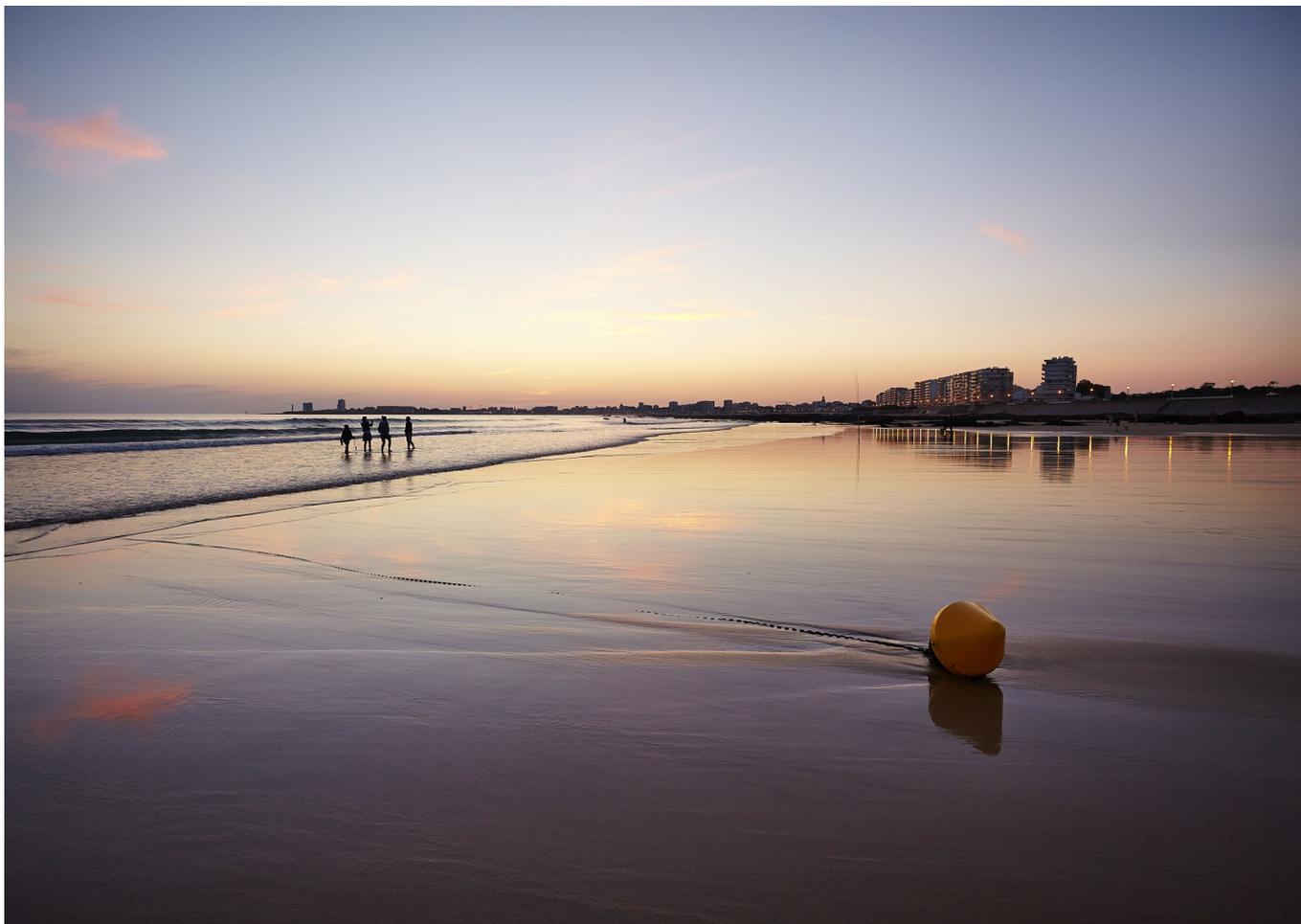
While being awarded a Michelin star is a fabulous achievement, retaining such stars requires constant effort. The chefs in la Vendée with two stars, **Alexandre Couillon** in L'Herbaudière (Restaurant La Marine) and **Thierry Drapeau** (Restaurant Thierry Drapeau) in Saint Sulpice le Verdon, together with the chefs **Jean-Marc Pérochon** (1 Michelin star for the Les Brisants restaurant) in Brétignolles sur Mer, **Sébastien Bonavita** (1 Michelin star at the Restaurant Le Cayola) in Château d'Olonne, **Xavier Giraudet** (1 Michelin star for La Robe) in Montaigu and **Nicolas Coutand** (1 Michelin star for Les Genêts) in Brem sur Mer have confirmed their culinary prowess.



Vendée, a gourmet destination with 7 Michelin stars restaurants

Gourmet trails...

...in Les Sables d'Olonne



Terra coastal town and France's fourth-largest fishing port for the value of its landed products, Les Sables d'Olonne is a popular destination for anyone wishing to try local seafood: noble fish like sole, as well as squid, hake, bass, sablaise sardines, mackerel, monkfish and John Dory are all on display through the seasons. The fish market is the natural port of call to find the best seafood in town, but if it's shellfish you're after, then look no further than Viviers de la Côte Sauvage and Vivier Rocheteau, two markets in the traditional La Chaume district. To best appreciate the sea-rich flavours of the exquisite local seafood, then a quick detour to the wineries in the Olonnes region comes highly recommended. Family-run wine estates produce excellent wines that are exported all over the world and served in the finest French restaurants.

Known for its coasts but also its marshlands, the region has a history of exporting 'white gold', as it was once called, since the 16th century and continues to harvest nuggets of fleur de sel. Once used to keep fish fresh during cod fishing expeditions, the salt harvesters now sell it from their shacks in the heart of the marshlands. Emerging from salt water, thanks to the sun and wind, as if by alchemy, it is an industry that continues to thrive. Natural or flavoured, it is an ingredient found in a multitude of dishes such as salt-crusted sole or bass.

Gourmet trails...

...in Les Sables d'Olonne

Along the way, recommended products and restaurants

LA CONSERVERIE «LA SABLaise»

This family-run canning factory keeps old traditions alive by creating its products with its artisanal expertise. Choose from fish soup, rillettes, marinated anchovies, mogettes and more.

Allée Alain Gautier, 85340 OLONNE SUR MER
Tél. : 02 51 32 86 37
www.lasablaise.fr/fr



THE SALTWORKS IN L'AUBRAIE

Salt marshes, a tourist park and a boat trip on the salt-water river, the saltworks are an essential site to visit and learn about the history of the Olonnes region through its relationship with salt.

Route de l'Aubraie, 85100 LES SABLES D'OLONNE
Tél. : 02 51 21 01 19
www.lessalines.fr

FRESH FISH AND CRUSTACEANS

This vivier (fish tank) in Les Sables d'Olonne sells oysters, mussels and other shellfish and fish as well as bespoke seafood platters.

Viviers Rocheteau
7 rue du Bargeouri, La Chaume
LES SABLES D'OLONNE
Tél. : 02 51 32 04 68

LA SALORGE DE LA VERTONNE

Matthieu and Benoit decided to restore the Les Fèves marsh on Olonne Isalnd back in 2005. Now a member of the Bienvenue Paysan Network, they welcome visitors for tours of the place and sell the salt they produce at local markets.

Rue de la Corde, 85340 L'ILE D'OLONNE
Tél. : 02 51 33 65 89 - www.lasalorge.fr

DOMAINE SAINT NICOLAS

This family winery handed down from father to son covers 32 hectares of land. The estate specialises in biodynamic farming, which means weedkillers, fertilisers and synthetic chemicals are banned. The vines are planted on the low hills with southwest exposure for the Pinot Noirs, Gamays and Cabernets and southeast for the Chardonnays and Chenins growing in clay-shale soil.

New in 2015: A new winery opened on the island of Olonne covered with a wooden dome including a glass floor through which visitors can observe the barrels and the vinification process. Several services are on offer: vineyard tours, group tastings and seminars.

Les Clous, 85340 L'ILE D'OLONNE
Tél. 02 51 33 13 04
www.domainesaintnicolas.com



FLAGSHIP PRODUCT : LA SOLE

La Sole from Les Sables d'Olonne, also known as sablaise or 'partridge sole' for its dark, vertical stripes, is a flat fish that lives off the Vendée coast. On the plate, the low-fat, white, firm flesh of the Sables sole is the perfect accompaniment to the finest condiments. Cooked in fillets, it can also be enjoyed whole 'meunière' style with butter and lemon juice.

Gourmet trails...

...in les Sables d'Olonne

LOCAL RECIPE

Sole and langoustine paupiettes in pastry, recipe by Marie-France Thiery

INGREDIENTS

2 medium sole filleted by your fishmonger and cut into 8 fairly thin fillets, 8 green asparagus, 500 g new potatoes, 8 big raw langoustines, 1 bottle dry white wine, 1 bunch lemon thyme, 2 garlic cloves, 1 large carrot, olive oil, salt – pepper – Espelette pepper, 1 roll puff pastry, 1 egg yolk

PREPARING THE ASPARAGUS:

Remove the very end of the asparagus to get rid of any unappetising parts. No need to peel green asparagus. Place a pan of salted water on the hob to boil. Just as the water starts to bubble, add the asparagus and cook for 8-10 minutes. They don't take long to cook. Check they are ready with the tip of a knife. Drain immediately. Slice off the tips and then chop the remaining asparagus into small round slices. Set aside.

PREPARING THE POTATOES:

No need to peel early potatoes, simply place them in a cloth (a clean one!) and rub them with cooking salt then wipe them down to remove the salt. Put the potatoes in a pan of salted water and bring to the boil, leave to cook for 10 minutes. It's important they stay firm, so remember to keep an eye on the cooking as you did with the asparagus.

PREPARING THE LANGOUSTINES:

Shell the langoustines, setting the fish meat aside in a bowl and keeping the shells, heads and claws for the stock.

PREPARING THE LANGOUSTINE STOCK:

In a large frying pan, heat up one or two tablespoons of olive oil and fry the carrot, cut into slices. Now add the langoustine shells, heads and claws. Stir them for about one minute, then add the garlic gloves (don't bother peeling them) and pour in a dash of white wine. Season to taste then add the lemon thyme, cover and leave to cook for about an hour on a low heat. Feel free to crush the heads and claws during cooking to extract as many of the juices as you can. Strain the stock when cooked.

PREPARING THE SOLE PAUPIETTES:

Lay out the fillets on a kitchen surface. Across the middle of each one, place a raw langoustine and an asparagus tip then season with salt and pepper and roll up to form an olive shape (known as paupiette in French). Repeat for each fillet.

ASSEMBLY:

In a small soup bowl, add 2 or 3 potatoes and place 4 paupiettes on top. Cover with a few asparagus slices then pour over fish stock until the bowl is three-quarters full. Sprinkle with the Espelette pepper. Roll out the puff pastry. Using an upturned bowl as a guide, cut out two circles. Place the rounds over the soup bowls, sticking the edges down with some water. Brush the pastry with an egg yolk and score the pastry with a lattice pattern with a knife. Bake in the oven for about 10 mins. at 220°. Keep an eye on the dishes in the oven to make sure the pastry doesn't cook too quickly and burn.

FESTIVAL SEASON !

« LA GRANDE BORDÉE » - 24 & 25 AUGUST 2018

A popular gathering for sea-faring folk held in La Chaume, the Grande Bordée is a festival that promotes the local maritime heritage and celebrates all things sailing and fishing with processions, sea shanties, nautical parades, initiation dives, exhibitions, talks, demonstrations of maritime crafts and trades and, of course, tastings of local specialities.



Gourmet trails...

...in Les Sables d'Olonne

THE CHEFS



MARIE-FRANCE THIERY

Blogger, unecueillereepourpapa.net

While many a wine lover will know Marie-France's birth year for a number of great vintages, the Fief Vendéen has flowed through her veins ever since. Born of a father from the Bocage, a passionate fisherman, and a market gardening mother from the Breton Marais, an inveterate cook, Marie-France spent her childhood in Challans and went to school in Les Sables-d'Olonne. Raised on seafood, caught by the whole family on Noirmoutier, frogs, elvers, swamp eels, and sea bass that would take pride of place on the Sunday dinner table, but also offal, brioche, flans maraîchin and other Vendée specialities, her epicurean nature showed at a very young age. For the past five years, she has shared recipes, walking destinations and gourmet discoveries on her blog.

JEAN-FRANÇOIS DEBLABIS

La Ferme de Villeneuve

Jean-François Deblabis spent all his school holidays as a child and then a teenager at Les Sables d'Olonne where his grandmother lived and owned a restaurant in the La Chaume district. With gastronomy in his veins, Jean-François Deblabis caught the cooking bug early on and aged just 15 entered into an apprenticeship. He opened his first restaurant back in 1989 and then in 2012 in Le Château d'Olonne running the kitchen at La Ferme de Villeneuve. He was awarded a Bib Gourmand by the Michelin Guide in 2014.

28 Rue du Pré Etienne, 85180 LE CHÂTEAU-D'OLONNE
Tél. : +33 (0)2 51 33 41 83



NICOLAS FERRÉ

Le Quai des Saveurs

In November 2015, Nicolas Ferré, the brilliant head chef at Le Quai des Saveurs, a restaurant in Les Sables d'Olonne opened six years ago, won the distinction "Young Talent 2016" awarded by the celebrated Gault & Millau restaurant and wine guide. After having worked in Belgium, the West Indies, Deauville and New York, the young chef opened his own restaurant in the fishing port of his wife's home town. The freshness of the produce, all sourced from the Vendée region, and the originality of his dishes truly set him apart. Nicolas Ferré isn't afraid to break with convention. He is a familiar face on the Sables-d'Olonne scene as is his wife Marjorie who, in the dining room, has a real gift for explaining the interesting cuisine they are famous for.

10 Quai René Guiné, 85100 LES SABLES D'OLONNE
Tél. : +33 (0)2 51 23 84 91

THOMAS EVANNO

Hôtel Côte Ouest

After learning the ropes of French gastronomy at first-rate restaurants such as Le Majestic in Cannes and La Villa Belle-rose in Saint-Tropez, Thomas Evanno furthered his culinary education on France's west coast in Les Sables d'Olonne. He takes diners on a culinary journey through a variety of gourmet ports of call with an authentic cuisine that is both fresh and simple.

Route du Tour de France, 85100 LES SABLES D'OLONNE
Tél. : +33 (0)2 51 21 77 77

BREAK IDEA : A BREATH OF FRESH AIR

Enjoy a weekend break right on the ocean and take full advantage of the modern facilities at the 4-star Relais Thalasso hotel and spa. The spa features a fitness and hydromarine centre with heated seawater pool (32°), underwater jets, swan neck jets, jacuzzi, sauna and Turkish bath, weights room and aromatherapy suite. Regarding the accommodation, the hotel, with the ocean on one side and pine forest on the other, is charmingly decorated in the style of a thirties liner to make your stay unforgettable. **Weekend offer:** your gourmet meal with sea views is included!

Booking on www.vendee-tourisme.com or +33 (0)2.51.62.76.82

From 121€ a head

Gourmet trails...

...in Saint Gilles Croix de Vie



Saint-Gilles-Croix-de-Vie is not just a place, it's an art de vivre. Generous and refined, the region offers a thousand and one flavours to please the most discerning palates.

The local fare combines tasty morsels from land and sea, a delicious mélange that is sure to whet the appetite. Saint Gilles Croix de Vie is replete with high quality produce, some of which has earned the town its reputation as a foodie destination. Today, Saint-Gilles-Croix-de-Vie is the only port in France to have been awarded the Site Remarquable du Goût (Remarkable Taste) quality label. A distinction that the coastal town undoubtedly owes to its sardines. Strong on the success of winning the "Label Rouge" sign of quality in 2000, a first for a wild fish, it has become the star of the spring sardine festival held in early May.

And then there's La Rose de Saint Gilles, a prawn caviar, fished off our coasts between November and February. Just under 70 tonnes of the eggs are brought into port each year. What better tittle to accompany these two flagship products than Fief Vendéens wines, AOC and European AOP certified and exported to countries as far away as Japan?

A portrait of the port town wouldn't be complete without a mention of the fleur de sel and salicornia found in the salt marshes of Saint Hilaire de Riez, Mer et Vie lamb from Givrand and, of course, the fresh fruit and vegetables from our local market gardens.

What's more, our local produce is wonderfully expressed through the culinary experiences offered by the finest restaurants in the region. Our chefs take absolute pleasure in working with local fresh produce, enhancing it and exciting our palates with new tastes and flavours.

Gourmet trails...

...in Saint Gilles Croix de Vie

Along the way, recommended products and restaurants



DOMAINE SAINT NICOLAS

A local man as well as an intrepid explorer, this winegrower has more than one string to his bow. Most notably, he was the first winegrower from the Vendée to adopt biodynamic farming practices. Thierry Michon grows three different colours of grape variety in a soil composed mainly of clay and schist. His wines are packed with floral notes (Le Haut des Clous, white), blended tannins (Reflets, rosé) and an extremely refined intensity (Le Grande Pièce, red). All are produced from the Fiefs Vendéens winegrowing area that are "appellation d'origine contrôlée" (AOC) certified. Thirty percent of his wines are exported (to places such as Japan, the US, Mauritius and Monaco) and his finest bottles grace the menus of the world's top restaurants. From summer, his new winery will be open for tours.

Les Clous, 85340 L'ÎLE D'OLONNE
Tél. : +33 (0)2 51 33 13 04 - www.domainsaintnicolas.com

THE SALT MARSHES OF LA VIE

The salt marshes, shaped by humans since the 7th century, are a testament to the intense activity of harvesting 'white gold' that thrived in the area until very recently. The restoration of the old salt marshes in the low valley of the Vie River since the 1990s has breathed new life into the local salt production industry.

A visit to the picturesque heart of the marshes is a fascinating way to understand the ins and outs of a salt worker and observe the traditional techniques still employed on a daily basis. The flora and fauna in this natural landscape composed of land and water are also explained during a tour of the area, wrapped up with a delicious tasting of the Vie salt.

RD 38 Bis, 85270 SAINT HILAIRE DE RIEZ
Tél. : +33 (0)6 15 74 26 81



CONSERVERIE LA PERLE DES DIEUX

La Perle des Dieux is the premium brand of the Saint Gilles Croix de Vie canning factory founded a century ago. Freshly caught sardines, the best of the season, are selected and prepared by hand in the traditional fashion. These tins of sardines are especially refined. The fish packing inside of an especially superior quality.

It is even recommended you store tins for several years before opening them because the flavours really begin to develop after four years. The spine, also preserved, will have left behind all the benefits of calcium. What makes La Perle des Dieux particularly special is its collaboration with artists. Delphine Cossais, a painter from Nantes, and more recently Coralie Joulin, a painter from La Rochelle, have personalised these vintage sardine tins.

49, rue des couvreurs, 85800 SAINT GILLES CROIX DE VIE
Tél. : +33 (0)2 51 55 55 44
www.laperledesdieux.com

FLAGSHIP PRODUCT : LA SARDINE

Resourceful fishermen wait for the sardine season, which ends in autumn, to tackle these slippery fish that are caught at the break of day when they gather in schools along the coast. Each year, almost 2,500 tonnes of sardines are loaded off the boats, ranking the town the number one sardine port in France. The sardine is the mascot of this small port whose history is steeped in the men who always rise to the challenge to tame these little silver darlings. All this to say that in Saint-Gilles-Croix-de-Vie there is even a brotherhood that worships this legendary fish!

Gourmet trails in Saint Gilles Croix de Vie

LOCAL RECIPE

Saint Gilles Croix de Vie Sardines in Patsry by Sylvain Maran

INGRÉDIENTS

16 medium Saint-Gilles-Croix-de-Vie sardines, Thick brine: 1 part sea salt to 1 part water and half a part of white vinegar, to soak the fish in for 20 mins, 1 packet filo pastry sheets, 200 g fresh salicornia, 1 red onion, 30 g smoked, erring eggs, 2 shallots, 80 ml wine vinegar, 200 ml olive oil, flat parsley, chopped, baby spinach leaves, sprigs of chervil, lightly salted butter, paprika, star anise powder, liquorice powder.

RECETTE

Gently scale the sardines, gut them, clean them then remove the fillets.

Leave to soak in the brine for 20 mins.

Drain and pat them dry thoroughly then set aside in the fridge.



Cut out discs 85 mm in diameter from four sheets of filo pastry placed one on top of the other to make 8 stacks of 4 discs. Place them on a baking tray lined with a baking mat or greaseproof paper. Brush the pastry with melted lightly salted butter and sprinkle with paprika, star anise powder and liquorice powder. Bake at 160°C, not fan assisted, until the pastry is crisp. Set aside in a dry place.

Chop the onion into thin slices. Chop the shallots finely. Make the vinaigrette, adding the chopped parsley, the shallot and half of the herring eggs. Sort and wash the salicornia and either use it raw or blanch it for one minute, then chill it in ice and drain it.

Lay out the fillets, skin side up, on a previously oiled non-stick tray. Lightly oil the sardine skins. Cook under a very hot grill, quickly (about 3 mins.) so that the skin crisps up or grill the skin using a kitchen blowtorch.

Assemble the stacks by alternating each ingredient: filo disc, salicornia, 2 sardine fillets, spinach leaves. Repeat the operation and finish with the red onion slices. Garnish with some herring eggs, chervil sprigs and a trickle of vinaigrette around each stack. Season with fleur de sel and freshly ground black pepper and serve!

FESTIVAL SEASON !

« FÊTE DE LA SARDINE » - FROM APRIL 23
TO MAY 5 2018

Fishing and tourism are united each summer when sardines bring locals and holidaymakers together. In a matter of hours, hundreds of tonnes of silvery fish are enjoyed by visitors happy to taste simple but delicious fare. This year many activities are organized : Maison Gendreau visit, exhibitions, auction house visits, children workshops...

Spring Sardine festival : 29 July 2018



Gourmet trails in Saint Gilles Croix de Vie

THE CHEFS



JEAN-MARC PÉROCHON

1 Michelin star for « Les Brisants » in Brétignolles sur Mer

Jean-Marc Pérochon's Michelin star takes pride of place in his restaurant, recently redecorated to reflect the standards of his menu. His dishes, more the product of alchemy than the kitchen, highlight the flavour of the local produce in a supremely authentic manner: chicken from Challans, fish from the auction in St Gilles, vegetables from St Hilaire, not forgetting the Vendée's famous mogettes (white beans).

63 Avenue de la Grande Roche
85470 BRÉTIGNOLLES-SUR-MER
Tél. : 02 51 33 65 53 - www.lesbrisants.com

NICOLAS COUTAND

Les Genêts

Passionate about cooking from a very young age, Nicolas Coutand cut his teeth in a number of prestigious restaurants. After several successful postings, Amélie and Nicolas Coutand decided to return to their roots and invite others to experience their gourmet restaurant. The Genêts have set up 'home' in an old host house set in landscaped grounds. The chef was named a 'young talent' by the Gault & Millau guide in late 2014 and was awarded 'two covers' in the 2015 Michelin Guide.

21 bis rue de l'Océan
85470 BREM SUR MER
Tél. : 02 51 96 81 59 - www.restaurant-les-genets.fr



NICOLAS BOUCHER

Le Balata

Located at Les Fontanelles golf course with stunning views over the green, La Balata, awarded a Bib Gourmand by the Michelin Guide, offers a Spanish-inspired lounge vibe that is both chic and contemporary. For chef Nicolas Boucher, it's all about celebrating the arts of hospitality and fine cuisine.

Golf des Fontanelles - Route de Coëx
85220 L'AIGUILLON SUR VIE
Tél. : 02 28 10 63 96 - www.lebalata.com

SYLVAIN MARAN

Le Boisvinet

In June 2007, after 11 years managing a hotel and restaurant of a well-known chain, Annabelle and Sylvain Maran cast anchor in St-Gilles-Croix-de-Vie and took over Le Boisvinet. This seasoned chef, awarded the title of 'master restaurateur' and 'two covers' in the Michelin Guide serves up gourmet, inventive, family cuisine. A globetrotter with a lively curiosity about the wealth of cultures and influences around the world, Sylvain absorbs tastes, smells, flavours and colours to deliver an innovative cuisine where local products sourced from land and sea are combined with great classics given a Mediterranean or exotic twist from the souvenirs of his travels.



Gourmet trails...

...in Saint Jean de Monts



Saint Jean de Monts has a history marked by the coming together of two cultures. While its seaside resort culture is well established, less is known about its history as a marshland produce region – although this is an equally important part of its DNA. It is this powerful gene that has given the local marshland farming community its shared expertise – expertise reflected in slow-cooked dishes made from locally grown produce.

Since 2014, the Tourist Office has been actively pushing for recognition of this marshland culinary heritage – an integral part of our local identity. It has done so by working closely with the marshland farming community, local food industry businesses and the Intangible Cultural Heritage Office (OPCI – the expert in local culinary heritage).

Chefs select the traditional recipes they want to work with from a list drawn up with the input of local marshland farmers.

The marshland farmer and chef then have a filmed meeting, where the former shares his/her expertise and the latter gains a deeper understanding of the technical aspects and history of

the recipe. Next, the chef presents his/her reworked recipe to a panel of marshland farmers, culinary heritage experts and chefs from outside the local area. The panel tastes the dish and the members decide whether or not to award the label, based on respect for the traditional recipe, home-made preparation, flavour, and knowledge of the history of the dish among the restaurant's staff.

Lovers of local specialities can now follow this new culinary tourism trail and sample cuttlefish ratatouille, eels, "caillebotte" and "fionaïe". Building on its success and the intercommunal expansion, this culinary trail now covers other types of food outlet (cake shops, bakeries and caterers) across the entire Saint Jean de Monts area from 2017 onwards.

Cuisine Montoise is all about human qualities. It was established in response to a growing consumer trend towards tradition and "eating local", with local recipes steeped in history and reflecting shared expertise that go beyond the "hams" for which Vendée cuisine is famous.

Gourmet trails...

...in Saint Jean de Monts

Along the way, recommended products and restaurants

HOTEL RESTAURANT LE ROBINSON

Le Robinson is a family-run hotel and restaurant ideally situated between the town centre and the pine forest. It has a sterling reputation among locals of Saint-Jean-de-Monts. Chef Nicolas Izard and his team offer an ever-changing selection of creative dishes, made from local and seasonal produce and serve up local specialities that have been awarded the Cuisine Montoise label. .

28 bd du Maréchal Leclerc—SAINT JEAN DE MONTS
Tél. : 02 51 59 20 20
<http://hotel-restaurant-robinson.fr/>



RESTAURANT LA QUICH'NOTTE

Marshland produce expertise is also very much alive at **La Quich'Notte** – in both the setting and the dishes. Guests take a seat in a former *bourrine* – a typical Marais Breton cottage – built in 1903, with a thatched roof, earth walls, open fireplace and antique décor. Diners are treated to a selection of local dishes concocted by chef David Rousseau, including eels, frogs' legs, sardines and "caillebotte". Kathleen attends to guests with the greatest of care.

200 route de Notre Dame—SAINT JEAN DE MONTS
Tel. 02 51 58 62 64
www.restaurant-laquichnotte.fr

Cuttlefish

Cuttlefish is professionally fished off the Vendée coastline, especially around the Ile d'Yeu. It is also caught off the pontoons by amateur fishers. Locals have a tradition of collecting cuttlefish that have washed up on the shore during the tides in March, April and May, especially after a storm.

They love to eat them grilled or in a stew (cuttlefish ratatouille).

Jeanine Chevrier and Simone Arnaud, both natives of Saint Jean de Monts, met chef Alexandre Caetano from Le Glajou to show him how to prepare a delicious cuttlefish ratatouille. It's a dish they've been making since they were children. They love reminiscing about their childhood – how their father used to go out to catch cuttlefish and come back with his arms full, and how their mother would slow-cook them until they filled the house with the delicious smell of iodine and salt.

RESTAURANT LE GLAJOU

Le Glajou is a restaurant in the heart of the Marais Poitevin, serving up authentic, exotic marshland dishes. With its green surroundings, seawater canals and animals, it's like stepping into a different – peaceful – world. Almost every dish on the menu is a traditional marshland produce recipe. Eels are grilled on vine shoots using the traditional method in the fireplace in the main room, while cuttlefish is slow-cooked in a cognac and vegetable broth. Alexandre Caetano, Le Glajou's head chef, is one of a dying breed of chefs who takes time to meet his customers at the end of their meal.

141 Chemin de la Suze— LE PERRIER
Tél : 02 51 68 11 64



RESTAURANT LE PETIT SAINT JEAN

Frédéric Farret, head chef that the **Le Petit St Jean** restaurant, runs his small establishment with passion, along with his wife, Laure Farret. The restaurant formerly had a Michelin *Bib Gourmand* award for 4 years running. Laure welcomes guests with a smile, while Frédéric serves up elegant cuisine featuring local specialities with the Cuisine Montoise label – all in colourful, intimate surroundings.

128 route de Notre Dame—SAINT JEAN DE MONTS
Tel 02 51 59 78 50



Gourmet trails...

...in Saint Jean de Monts

Local Recipe : Sweet pastry (prepare the night before) By Sébastien Caudal

Ingredients:

250g flour
100g butter
100g icing sugar
1 egg
1 pinch of salt

Preparation:

Blanch the mixture of warmed butter and sugar
Add the egg
Add the flour and mix thoroughly
Put in the fridge
Roll out the pastry to 3mm in thickness. Place it in individual aluminium moulds.
Put in the fridge



Flan

Ingredients:

500g raw milk
5 eggs
120g sugar
1 cinnamon stick

Preparation:

Bring the milk and cinnamon to the boil. Allow to cool.
Whisk the eggs and sugar
Mix together, pour into the mould, then bake at 180 degrees for 15 minutes until the colour changes.

Sébastien Caudal from **Le Salon des Desserts** has a close personal relationship with *flan maraîchin*, the most popular dessert at his tea room.

“Nothing gets lost in my *flan maraîchin*,” he explains. “Everything is part of the pleasurable experience. The flan is fluffy and the pastry is subtly sweet. I first discovered this cake – with its rich ingredients yet soft, tender texture – when I was 16.”

In his view, the flan requires “high-quality produce and lots of care and attention – just like a beautiful woman!”

Traditionally, *fion* was served as a dessert at Easter, communion and baptism dinners throughout Vendée. Some families still keep this tradition alive today. The dessert comprises a *fionaïe*, carefully moulded into a blanchéd pastry.

Fionaïe is also eaten on its own as a pudding.

IODIC FLAVORS ON THE MENU !

Come and discover a poetic marsh in the Daviaud. This is a natural and great site to observe birds from Marais breton and bring back to your home a local speciality : salt.

www.ledaviaud.fr



Gourmet trails...

...in Saint Jean de Monts

THE CHEF

SEBASTIEN CAUDAL, PASTRY CHEF

Le Salon des Desserts is a tea room where locals like to relax after a day at the market or pop in for a rest and a bite to eat. Pastry chef Sébastien Caudal creates delicious treats to delight the taste buds in his premises in the busy town centre of Saint Jean de Monts. Daniel works front-of-house, taking customers' orders and serving tea, coffee and hot chocolate with a smile. The establishment's flagship local specialities are brioche and *flan maraîchin*.

4 place Jean Yole—SAINT JEAN DE MONTS
Tel. 02 51 58 17 69
www.le-salon-des-desserts.com



Below : Eel fishing In the Vendean Breton swamp



FESTIVAL SEASON

Tastings/cooking demonstrations at Saint Jean de Monts market during the Easter holidays

In a repeat of the 2016 All Saints holiday, local chefs will be presenting their Cuisine Montoise recipes to food lovers with an interest in local culinary history.

Gourmet trails...

...in Noirmoutier Island



The journey begins with the legendary Passage du Gois, the causeway that visitors have to splash across to reach the island and all its iodine-infused delights.

A trip to Noirmoutier is a wonderful assault on the senses with its oysters, sea bass, sole, early potatoes and salt. The island is a little corner of paradise in the Atlantic and is very popular with tourists.

But the small island thrives all year round thanks to the men and women who shape and cultivate the land with passion to create outstanding local produce. As you make your way around the island, one thing becomes obvious: the place is ruled by nature and the elements. But the local artisans are particularly skilled at taming the whimsical yet benevolent nature. The "pataquous" and salt sellers provide a demonstration by weaving through the tracks in their fields and the saline basins in their marshes.

There is harmony here between humankind and the natural elements. The artisanal producers of Noirmoutier are farmers, oyster farmers, fishers and even salt workers. Their crafts are handed down by traditional and even ancestral know-how passed down from generation to generation, from islander to islander.

Their commitment to quality, their passion for nature and the elements all around all contribute to preserving the island's ecosystems. It is also a real pleasure to offer the public healthy, delicious and high-quality produce with real character.

The restaurants on the island are first-rate ambassadors: they love to marry the various tastes and flavours on the island, in complete simplicity or in a more elaborate manner.

Gourmet trails...

...in Noirmoutier Island

Along the way, recommended products and restaurants

LE FUMOIR, NEW FOR 2017

Serge Artus, a native of the island and a carpenter by trade, has a passion for sea fishing. He loves to cook his catches, and his favourite preparation method is to smoke his fish by hand. It's a hobby that has turned into a passion. Spurred on by his friends, he and his wife – who quit her own job – started a new adventure in June this year. The couple purchased a former freezer facility on the road leading to Noirmoutier Island fishing port and converted it into a professional smoke house, creating their very first recipes. Much to their surprise, it was an instant hit!

In their ultra-modern laboratory, they fillet and gut hake, pollock and mackerel from the port of L'Herbaudière. They also work with yellowfin tuna from the Indian Ocean and red-label fish from Scotland. The filleted fish undergo a precise refrigeration protocol and are then dry-salted and smoked traditionally with beechwood chippings. Finally, the fish are sliced by hand and vacuum-packed.

Serge and Séverine also offer duck breast fillets and seafood terrines made from cuts of fresh fish, smoked fillets and wakame. Their succulent potted fish is also worth trying..."

116 route de l'Herbaudière - NOIRMOUTIER EN L'ÎLE
tel. 00 33 (0)2 28 17 60 42



TOURS OF THE SALT MARSHES

Contrary to popular belief, salt production isn't just a summer activity. In winter, the salt workers will have left the marshes under several centimetres of seawater to protect the land from rain and wind.

But from the month of March onwards, they evacuate the water and clean out the network of canals and then the saline basins where the salt crystallises in the warmer months.

Using a wooden spade, they have to retrace the path for the seawater that will flood into the marshes. A painstaking and laborious task but one that's nevertheless essential to carry out each springtime. All the efforts to prepare and tame the marshes is explained by the salt workers themselves, proud of their profession, and they organise guided tours of the salt marshes in summer and use the harvesting time to demonstrate their expertise.

Salt worker Hervé Zarka offers trips aboard a Hyppobus, a carriage drawn by his two Percherons, an educational and relaxing tour of the marshes in the company of his draft horses. Tél. : +33 (0)2 51 35 71 65

INTRODUCTION TO FISHING AND TRADITIONAL NAVIGATING ABOARD A BEAUTIFUL SAILBOAT

Joël has been a sailing instructor and nature guide for sea classes on the island for twenty years.

Passionate about every aspect of the marine environment, today Joël offers trips out at sea leaving from Noirmoutier Port or from the landing stage on Les Dames beach for friends or family joined by a fabulous storyteller.

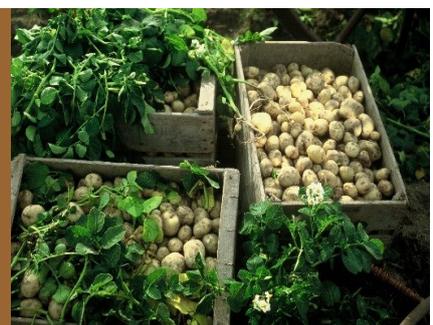
In addition to manoeuvring and handling the boat, learned while navigating the coast in the Bay of Bourgneuf, visitors will alight onto dry land to expand their knowledge of the region's maritime heritage and traditional island activities (shore fishing, the fishery in the village of Le Vieil, migratory bird watching and more).

He also shares all his knowledge on the time-honoured trades plied on the island. Himself a salt worker, he is a fountain of knowledge on salt marches and the harvesting of fleur de sel and salicornia. His friends are oyster farmers, farmers and fishers.

www.noirmoutier-littoral.fr

FLAGSHIP PRODUCT : THE BONNOTTE POTATO

The star tuber on Noirmoutier Island, the bonnotte is listed in the global inventory of potato varieties as the "bonnotte de Noirmoutier". Today the famous spud has a fantastic reputation amongst top chefs. Growing in bunches, this small, golden, crooked but delicious cultivar is a rarity, accounting for just 80 tonnes of the 12,000 tonnes of potatoes harvested on the island each year. It is planted at Candlemas on a bed of seaweed and is not harvested until during the month of May.



Gourmet trails...

...in Noirmoutier Island

LOCAL RECIPE

Fish and shellfish with velvet crab broth, by Alexandre Couillon

INGREDIENTS

FISH AND SHELLFISH

100 g king prawns, 8 cockles, 4 verni clams, 4 carpetshell clams, 4 razor clams, 4 prawns, 4 langoustines

TURNIP AND COCONUT CREAM

2 kilos round turnips, 4 liters coconut milk

GARNISH

4 spring carrots ; 2 spring leeks ; 1 red pepper; 1 quarter cauliflower

SWEET & SOUR SAUCE

600 g white vinegar ; 500 g water ; 500 g sugar ; ginger ; tomato purée ; tarragon

VELVET CRAB BROTH

3 kilos velvet crabs ; 1 bunch aromatic herbs ; 10 gelatine leaves

RECIPE

VELVET CRAB BROTH

Chop the crabs into large chunks and fry them in the olive oil with the aromatic herbs. Pour in 2 litres of water and leave to poach slowly. Strain the stock and reduce if necessary to intensify the flavour.

Aim for 375 g of stock and gel with gelatine leaves.

TURNIP CREAM

Wash, peel and finely chop the turnips. Blanch in boiling water. Strain and finish cooking the turnips in the coconut milk.

Blend and chill. Season to taste.

VEGETABLES

Peel and finely chop the vegetables, soak them in cooking salt for about 10 minutes. Rinse them well and keep cool. Add them to the sweet and sour sauce.

FISH & SHELLFISH

Open the shellfish in seawater and keep chilled.

DRESSING

Pour in the coconut and turnip cream. Add the shellfish and prawns. Gently arrange the vegetables over the shellfish. Emulsify the crab stock jelly and pour over gently. Garnish with herbs and a few drops of kaffir lime oil.



FESTIVAL SEASON !

« FÊTE DE LA BONNOTTE » - 5 MAY 2018

The bonnotte potato is celebrated on the island. On the programme, spud harvesting with the farmers, a cycle tour of the islands and a banquet attended by over 2,000 people in the courtyard of the farming coop building. The festival brings together islanders, lovers of Noirmoutier and tourists in a fun and friendly atmosphere enlivened by sea shanties and traditional dances. Around big tables, savour grilled St-Gilles-Croix-de-Vie sardines and Challans chicken, ideal accompaniments to steamed Bonnotte potatoes...



Gourmet trails...

...in Noirmoutier Island

THE CHEF



ALEXANDRE COUILLON

Master of la « Marine », 2 stars in the Guide Michelin, voted **best chef of the year 2017** by Gault & Millau

In Noirmoutier, La Marine and its chef Alexandre Couillon have joined the gastronomic elite. Back in early 2013, the restaurant won its second star from the Michelin Guide. And as good news comes in pairs, Gault & Millau awarded Alexandre with a fourth 'toque' that October. Chef of the year in the Champérard 2015 guide, he was described as a "sensitive, artistic, constantly evolving chef" and "innovative like no other".

Adjoining La Marine, La Table d'Elise is the chef's second restaurant. With simple décor featuring wooden tables, red-painted beams and nautical objects on the walls, Alexandre offers "bistro cuisine" inspired by quality local and seasonal produce always carefully picked.

5 Rue Marie Lemonnier
85330 NOIRMOUTIER EN ÎLE
Tél. : +33 (0)2 51 39 23 09
www.alexandrecouillon.com



From **115 €** a head

BREAK IDEA : A TRIP TO NOIRMOUTIER, TREASURE ISLAND

Tempted by a culinary tour of Noirmoutier? You will be put up in a big house typical of the island surrounded by a Mediterranean garden and pretty swimming pool with jacuzzi. After a gourmet tour of the island, the chef will be your host where you will be treated to dishes made from the flavours of the sea and the land served on antique teak tables from Indonesia.

Booking on www.vendee-tourisme.com or +33 (0)2.51.62.76.82

Gourmet trails...

...Vendée Vallée



The friendly and cheerful spirit of the Bocage comes through in its tastes and flavours and its culinary traditions of which the mogette is the symbol. This large white bean, once the main staple of every meal because it was a cheap and nourishing ingredient, is today enjoyed on toast served with a slice of Vendée ham. Another speciality is brioche, distinctive for its subtle flavours of sugar, brandy and orange blossom, which is found on every table in the region.

The diversity of the Vendée Vallée terroir is also expressed through its Fiefs Vendéens and Val de Loire wines, all holders of the precious AOC wine appellation. Not to mention, of course, the local beer brewed in Chambertaud: Mélusine. In the Bocage, Michelin-starred chefs, winegrowers and restaurant owners each have their speciality, a passion for their craft and a love of sharing with others.

Gourmet trails...

...Vendée Vallée

Along the way, recommended products and restaurants



LA FERME DES COÛTS

Chantal has a talent for restoring and preserving the land of the Bocage. The quality of her herds, deer and Charolais cattle, have earned her 'Label Rouge' certification and recognition for her efforts, the result of a successful career change. Stews, terrines and hams are her flagship products. Livestock and direct sales.

La Ferme des Coûts, 85500 CHAMBRETAUD
Tél. : 02 51 91 51 44 - www.ferme-des-couts.com

FOIE GRAS DE CANARD

In 1936, in the town of Oie, a young apprentice poultry farmer Ernest Soulard decided to set up his own business. Today the company is one of the main suppliers of foie gras for the restaurant trade.

La boutique Ernest SOULARD
35 rue nationale, 85140 L'OIE - Tél. : 02 51 65 40 68

LA ROSE DES VENTS

Michelle and Jean-Marie propose products made from their organically-reared pigs.

La Rose des Vents, 85510 LE BOUPÈRE
Tél. : 02 51 91 49 92
www.larosedesventsvendee.com

LES VINS AOC DU DOMAINE DE LA BARBINIÈRE

Philippe and his sons produce wines that reflect the diversity of the terroir on their wine estate in Chantonay. In 2011, the wines were awarded the Fiefs Vendéens AOC wine appellation. Their philosophy?

Rue de la Barbinère, 85110 CHANTONNAY
Tél. : 02 51 34 39 72
domainedelabarbiniere.jimdo.com



THIERRY DRAPEAU, 2 ÉTOILES AU GUIDE MICHELIN

Set in the idyllic Logis de la Chabotterie, Thierry Drapeau's restaurant was listed in the prestigious Relais et Châteaux guide, in January 2014. A well-deserved reward for this chef with two Michelin macaroons who serves up a cuisine flavoured by all the regions of France that he has visited over the course of his culinary career.

New in 2016 : Bistrot Côté Potager: In February 2016, Thierry Drapeau will be opening the Bistrot Côté Potager restaurant on the ground floor of the 4-star hotel. The restaurant will be located in open countryside and 200 metres from the fine-dining restaurant opened in 2001 in the former servants' quarters of the Logis de la Chabotterie.

Hôtel**** & Restaurant** Thierry Drapeau
La Chabotterie, 85260 SAINT-SULPICE-LE-VERDON
MONTREVERD
Tél. : 02 51 40 00 03 - www.restaurant-thierrydrapeau.com

FLAGSHIP PRODUCT : LA MOGETTE

A culinary speciality of Vendée, these beans are traditionally eaten with Vendée ham or served warm on a slice of toast rubbed with garlic and slathered in butter. Mogette beans from the Vendée earned the European PGI (Protected Geographic Indication) quality label on 9 October 2010, protecting the "Mogette de Vendée" name across the whole of the European Union.



Gourmet trails...

...Vendée Vallée

LOCAL RECIPE

Vendée brioche ice cream Parfait, by Xavier Giraudet, chef from La Robe restaurant in Montaigu, **1 star Michelin in 2017**

INGRÉDIENTS

8 egg yolks
20 g yeast
200 g sugar
80 g water
300 g 30% fat single cream
300g brioche
100 g butter

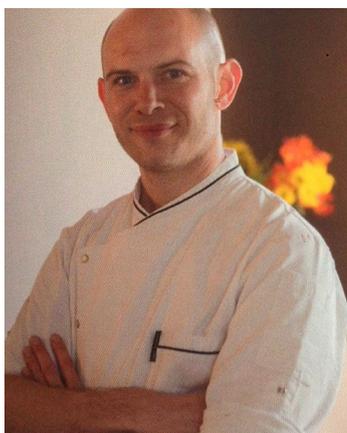
RECIPE

Make large breadcrumbs from the brioche. Dry the breadcrumbs in an oven heated to 150° until they turn a light golden colour.

Leave to chill then mix with the butter to form a short-crust pastry. Return to the oven at 150° for 15 mins. Set aside.

Beat the yolks with the yeast using a whisk and cook at 110°.

Incorporate the sugar into the yolks while continuing to whisk until the mixture is completely cool. Mix thoroughly with the whipped cream and the brioche. Pour into moulds and chill in the freezer.



Xavier Giraudet

La Robe

Xavier Giraudet served his apprenticeship and it could almost be said, learned his trade, in Paris, with the great names in French gastronomy. From these years alongside Christian Le Squer, Pierre Gagnaire and Bernard Pineau he has not only gained valuable expertise, but learned to think about the feelings that his dishes should provide.

The cuisine developed by Xavier Giraudet is designed to be precise, refined and tasty. It is therefore inspired by the great classics that he reinvents through the seasons and his own inspirations. **Recognition arrived in February 2017 with a 1st Michelin star.**

3 place de la Reveillère, 85600 Montaigu
Tél. 02 51 47 79 27:06 45 26 95 69 — <http://www.restaurant-la-robe.com>

FESTIVAL SEASON !

MOGETTE FAIR - OCTOBER 2018

A fun day full of flavour in Les Brouzils, in the heart of the Vendée Bocage where the celebrated moquette is the guest of honour.



From **265€** a head

BREAK IDEA : TASTE THE GASTRONOMY' STARS

At the stunning site of Logis de la Chabotterie, savour the pleasures of cuisine that has earned two Michelin stars. Chef Thierry Drapeau serves exquisite local fare, rich in flavour and inventive, made from produce grown in the garden adjacent to the restaurant. Spend the night in the 4* hotel in a room with Queen or King size bed.

Booking on www.vendee-tourisme.com or +33 (0)2.51.62.76.82

Gourmet trails...

...Vendée Vallée

THE CHEFS



Fabrice Biteau, David Coutant et Stéphan Malaquin

Les Trois Piliers

David Coutant and Fabrice Biteau promote their native Bocage through local, seasonal produce. The third man in the trio, Stéphan Malaquin, judiciously selects the finest bottles from the region.

David Coutant did his training first in Reims at Les Crayères then in Saulieu under Bernard Loiseau's wing before leaving for the Alps and Barcelona. On return from his travels, the adventurer put down his bags in Le Boupère where he was born and raised. Meanwhile Fabrice explored his passion for cuisine by making his way through Belgium and England before coming to Noirmoutier cheffing alongside Alexandre Couillon.

The three partners opened the restaurant Les 3 Piliers two years ago now and share a sincere and generous approach to running their business. Their mutual passion is expressed through their love for the Bocage Vendéen. After just 18 months in business, they were awarded the title of 'master restaurateur' in 2015.

1 rue Général de Gaulle, 85 510 LE BOUPÈRE
Tél. +33 (0)2 51 91 41 87
les-3-piliers.com



Aurélien Jousseume et Patrick Lefevre

L'Envers du Décors – New for summer 2016

Chef Aurélien Jousseume – whose experience includes Guy Savoy in Paris, La Table de Montesquieu in La Brède, Hostellerie de Plaisance in Saint Emilien, and Château Boisniard in Chambreaud – and sommelier Patrick Lefevre have opened a brand new restaurant, dubbed L'Envers du Décors, in the centre of Les Herbiers.

"I draw my inspiration from local, seasonal produce," explains Aurélien Jousseume. "I want to develop a short food supply chain and focus on the multitude of produce available in our great region. For me, it's particularly important to work with organically and sustainably farmed produce."

The restaurant's menu is deliberately limited, in an effort to serve up dishes of the very best quality made to exacting standards. The menu changes regularly according to the season, market produce and the chef's inspirations.

23 rue de la Bienfaisance,
85500 LES HERBIERS
Tél. 09 86 19 30 21



Gourmet trails...

...in Sud Vendée



The Sud Vendée boasts a rich and diverse terroir that makes the southern part of the region particularly conducive to market gardening, farming and livestock. So foodies visiting these parts can expect to find local produce and traditional dishes to whet the appetite, including melon, mogette beans, foie gras, goat's cheese, Vendée ham, Vendée potée (hotpot) with green cabbage, and brioche, not to mention regional specialities like farci poitevin (stuffed herb pâté), Kamok (a locally-made coffee liqueur) and préfou, a type of garlic bread served at aperitif hour with a glass of Trouspinette.

Lovers of fish and shellfish won't be disappointed either with bass, bream, oysters, scallops and mussels featuring widely on restaurant menus. The Sud Vendée counts two of the Fiefs Vendéens vineyards in its borders, AOC certified since 2011. They are open all through the year for tours and tastings.

FLAGSHIP PRODUCT : VENDÉE HAM

In the heart of the authentic Sud Vendée countryside, Roland and Isabelle look forward to meeting you and presenting the products made on their farm. Combining their know-how with the expertise of an artisan butcher, they offer quality meats, born and bred in the Sud Vendée, all year round. Indeed, their Vendée ham has picked up many an award.

Le Moulin Migné - 85390 CHEFFOIS
Tél. : 06 60 33 47 74



Gourmet trails...

...in Sud Vendée

Along the way, recommended products and restaurants



LA CIBULLE CRAFT BEER

NEW FOR 2016

The La Cibulle brewery, in Maillé in the Marais Poitevin, opened in July 2016. The brewery makes beer using traditional methods. Its beers are non-pasteurised and non-filtered and are made using the long fermentation and maturation process, giving them rich aromatic qualities. The beers are then re-fermented in the bottle, allowing them to gain character and mature over time.

7, rue de la poste

85420 MAILLE, France

Tél. : 07.68.03.85.58 - www.lacibulle.fr



LE KAMOK, ETS VRIGNAUD

Kamok is one of the best known liqueurs in the Vendée for its inimitable flavour. Created in Luçon in 1860, by the Vrignauds, a family of spirit merchants, it is made from three different arabica coffees that are roasted then aged in oak barrels for two years.

1 place Richelieu

85400 LUÇON

Tél. : 02 51 56 11 48

VIGNOBLE MERCIER

One family, one passion. The wine-making tradition has been the Mercier family's livelihood since 1890.

16 rue de la Chaignée

85770 VIX

Tél. : 02 51 0 60 87 - www.mercier-vins.com



DOMAINE COIRIER

Coirier is a family-owned wine estate founded in 1895. An independent winegrower whose focus is on producing wines with natural balance, Mathieu Coirier has signed up to the Terra Vitis Charter and won an award for the quality of his hospitality to tourists at a vineyard in the Loire.

La petite Groie – 15 rue des Gélinières 85200 PISSOTTE

Tél. : 02 51 69 40 98 - www.pissotte.com

PRIEURÉ LA CHAUME

Located in the Sud Vendée, this vineyard is the furthest south in the Val de Loire, equidistant from the Loire and the Médoc. Planted on limestone soils containing Triassic ammonites, one-third of the land is set on the southern hillside, one-third on the western hillside, so more exposed to the coastal elements, and one-third on a plateau.

Domaine de la Chaume - 85770 VIX

Tél. : 02 51 00 49 38 - www.prieure-la-chaume.com

LA LUTINE

Located in La Balingue, this bakery, patisserie and tea shop is the ideal destination to enjoy the local speciality pré fou and their multi-award-winning brioche. The bright interior is full of sweet treats, home-made chocolates and iced desserts that are sure to tempt young and old alike before or after a hearty walk through the Mervent Forest.

La Balingue - 197 rue des Lutins

85200 L'ORBRIE

Tél. : 02 28 13 00 26

LES MOULES DE BOUCHOTS

The Bay of Aiguillon is a centre for shellfish farming, in particular oysters, scallops and carpetshell clams, but it owes its reputation to Bouchots mussels. Dating back to the 13th century, these pilings are the oldest in the world. Mr. Gaudin's farm on the 'Route de l'Huître Atlantique' is open for tours and tastings. .

Mr Gaudin - La pointe de l'Aiguillon

85460 L'AIGUILLON SUR MER

Tél. : 06 60 33 47 74

Gourmet trails...

...in Sud Vendée

LOCAL RECIPE

Crunchy Préfou with Crisp Vegetables and Vendée Ham, by Fabrice Riefolo

INGRÉDIENTS

PRÉPARATION DES MOGETTES :

250 g mogettes ; ½ Morteau sausage or two slices of bacon ; 3 cloves; 3 juniper berries

PRÉPARATION DES LÉGUMES

1 carrot ; ½ red onion ; ½ yellow onion ; ½ fennel ; ¼ small bunch of slives, ; ¼ de candied lemon ; ¼ pepper ; 1 parsley sprig ; 1 garlic clove ; 2 thyme sprigs ; 1 bay leaf ; ¼ leek

PRÉPARATION DE LA CRÈME

¼ L single cream; ¼ L chicken stock

POUR LE DRESSAGE

1 small bunch chervil ; 6 teaspoons tomato jam

RECETTE

Soak the mogette beans in cold water overnight.

Put the beans in the cold water on the hob to cook with the thyme, bay, ¼ leek, ½ yellow and red onions, ½ carrot, the garlic and ½ slice of bacon.

While the beans are cooking, chop up the remaining vegetables, as well as the Morteau sausage or smoked bacon, into small cubes. Mix the vegetables and meat with the chives and the parsley, both finely chopped.

When the beans are ready, take half of the beans and blend them with a mixture of cream and hot chicken stock. Add the liquid slowly so as to obtain a smooth mixture, not too thick or runny. Season to taste.

Add the herb and vegetable mixture to the remaining beans and cook for 5 minutes. Season and leave to cool and then add 5 spoonfuls of vinaigrette and 1 teaspoon of balsamic vinegar and season with one turn of the pepper mill.

To finish, spoon some tomato jam into the bottom of a small glass bowl and top with the beans, thin slices of Vendée ham and a chunk of warm préfou.



FESTIVAL SEASON!

« LA FÊTE DU PRÉFOU » - 1ST JULY 2018

At the port of Aizé, in the heart of Marais Poitevin, early July sees a number of special events continuing this traditional celebration attended by thousands of visitors who come discover or rediscover préfou, the local garlic bread speciality, baked in a field kitchen. And when the sun goes down, festival-goers can gather around the bonfire dedicated to the feast of St. Jean



Gourmet trails...

...in Sud Vendée

THE CHEFS



LOÏC RAULT

La Rose Trémière

After starting his training in the culinary arts at the Ferrandi School in Paris, Loïc Rault worked in the kitchens of top establishments and notched up 36 years of experience, including 15 at La Rose-Trémière. A 'master restaurateur' since 2008, his restaurant has already snagged two 'covers' in the Michelin Guide that has helped raise his profile no end! The chef was inspired by his grandmother and his mother who handed down their passion for cooking and the finer things in life.

4 Rue de l'Église
85580 SAINT-MICHEL-EN-L'HERM
Tél. : +33 (0)2 51 30 25 69
www.restaurant-larosetremiere.fr

PHILIPPE GOBIN

Le Rabelais

Chef Philippe Gobin along with Cyril and the rest of the team take great pleasure in introducing customers to local produce cooked intuitively and in accordance with whatever the markets have in season. Le Rabelais is an excellent restaurant where the chef loves to share his passion for regional products and the traditional dishes he likes to revisit. In summer months, the terrace with views over the gardens and pool is not to be missed.

19 Rue de l'Ouillette
85200 FONTENAY-LE-COMTE
Tél. : +33 (0)2 51 69 86 20 - www.le-rabelais.com



LAURENT SOULARD

Au fil des Saisons

If there were words to describe this contemporary establishment, dotted with objects close to the hearts of its owners, Audrey and Laurent, it would be tradition and new discoveries. The chef changes the menu every two months to make the best use of fresh, seasonal produce and take customers on a journey of flavours. In 2008 the chef was named 'master restaurateur' and is responsible for the entire menu made by his own fair hands.

55 Route de la Roche sur Yon,
85400 LUÇON
Tél. : +33 (0)2 51 56 11 32 - www.aufildessaisons-vendee.fr

FABRICE RIEFOLO

Auberge de la Rivière

Lucie and Fabrice opened L'Auberge de la Rivière in 2005 and, with the help of their creative and discerning chef, the eatery has received countless distinctions: three Michelin forks, a Michelin Bib Gourmand, a 'golden bunch' for its wine cellar stocked with some 200 different bottles and a third star for its hotel in 2013. Their quest for authenticity and love of flavour earned them the title of 'master restaurateur', certifying their use of products freshly prepared in their kitchens.

2, rue du port de la Fouarne
85770 VELLUIRE
Tél. : +33 (0)2 51 52 32 15
www.hotel-riviere-vendee.com

From 130€ a head

GOURMET IDEA : GOURMET RIVERSIDE WEEKEND

In the heart of the Marais Poitevin, on the banks of the La Vendée river, come and recharge your batteries in a 3-star hotel. In the evening, chef Fabrice Riefolo is your host at the restaurant's hotel and has devised a special tasting menu based on his personal tastes and produce in season, all paired with three glasses of wine. Relax to the peaceful sounds of the river running below...

Booking on www.vendee-tourisme.com or +33 (0)2.51.62.76.82

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www.lessablesdolonne-tourisme.com

To plan your stay in Saint-Gilles-Croix-de-Vie :

www.payssaintgilles-tourisme.fr

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tourisme.vendee-expansion.fr/kit-de-communication/

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www.vendeevallee.fr

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www.sudvendeeetourisme.com



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