

LA VENDÉE

A GOURMET DESTINATION



Press Pack

2019 collection

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.



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. The area has also opened up to road and rail traffic, making travel by car (or train) equally viable.

By air

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

www.nantes.aeroport.fr

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

www.larochelle.aeroport.fr

Airdrome Les Ajoncs - La Roche sur Yon

www.larochesuryon.fr/aeroport

By rail

Closest TGV stations : La Roche sur Yon, Les Sables d'Olonne.

Stations SNCF in connections : Challans, Saint Gilles Croix de Vie, Montaigu, Luçon.

www.oui.sncf

By road

2 autoroutes (A83 and A87)

424 km from Paris

803 km from London

735 km from Bruxelles

1468 km from Berlin

922 km from Amsterdam

986 km from Madrid

935 km from Bern

By Ferry

From Douvres to Calais: DFDS Seaways and P&O

From Douvres to Dunkerque: DFDS Seaways

From Newhaven to Dieppe: DFDS Seaways

From Plymouth to Roscoff: Brittany Ferries

From Poole to Cherbourg: Brittany Ferries

From Portsmouth to Saint Malo: Brittany Ferries

From Portsmouth to Caen: Brittany Ferries

From Portsmouth to Havre: Brittany Ferries

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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 (one with 2 stars and six 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), tourtisseries (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, Pissotte, Mareuil, Vix and Chantonnay 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 seven Michelin -starred restaurants.**

Alexandre Couillon, 2 Michelin stars Chef

LA MARINE - NOIRMOUTIER EN L'ILE

Thierry Drapeau, 1 Michelin star Chef

THIERRY DRAPEAU - SAINT SULPICE LE VERDON

Jean-Marc Pérochon, 1 Michelin star Chef

LES BRISANTS - BRÉTIGNOLLES SUR MER

Sébastien Bonavita, 1 Michelin star Chef

LE CAYOLA - CHÂTEAU D'OLONNE

Nicolas Coutand, 1 Michelin star Chef

LES GENÊTS - BREM SUR MER

Xavier Giraudet, 1 Michelin star Chef

LA ROBE - MONTAIGU

Anthony Lumet, 1 Michelin star Chef

LE POUSSE PIED - LA TRANCHE SUR MER



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 Pays des 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

CANNING FACTORY «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 - OLONNE SUR MER
Tel. : +33 (0)2 51 32 86 37 - www.lasablaise.fr

BRASSERIE OPÉ

In February 2019 begins a great adventure at Les Sables d'Olonne. The Brasserie Opé is a new beer factory created by a passionate, Pierre Brodu. Born from a demanding selection of organic malts and hops, combined with the mastery of traditional brewing techniques, Opé beers are intended to highlight the little-known aromatic riches offered by this drink. Open to the public from April: Thursdays and Fridays from 3 p.m. to 8 p.m.

28 TER ALLÉE ALAIN GAUTIER - OLONNE SUR MER
Tel. : +33 (0)6 71 20 19 45

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 Pays des Olonnes region through its relationship with salt.

Route de l'Aubraie, 85100 LES SABLES D'OLONNE
Tel. : +33 (0)2 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
Tel. : +33 (0)2 51 32 04 68

LA SALORGE DE LA VERTONNE

Matthieu and Benoit decided to restore the Les Fèves marsh on Olonne Island 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 - L'ÎLE D'OLONNE
Tel. : +33 (0)2 51 33 65 89 - www.lasalorge.fr

CHOCOLATE SHOP VINCENT VALLÉE

Vincent Vallée, elected World Chocolate Master at the 2015 Chocolate Fair in Paris, decided to return to his hometown to open his own chocolate shop in September 2018 in Olonne sur Mer.

2 bis Allée Titouan Lamazou - OLONNE SUR MER
Tel. : +33 (0)2 51 23 87 62

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.

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 - L'ÎLE D'OLONNE
Tel. : +33 (0)2 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

A recipe by Marie-France Thiery - Bertaud

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.



Gourmet trails...

...in Les Sables d'Olonne

THE CHEFS



MARIE-FRANCE THIERY-BERTAUD

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 fishermen, 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 Island of 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.

MELANIE SIRE

Restaurant La Suite s'il vous plait

Modern, refined and original, so many adjectives to describe the cuisine of Mélanie Sire, the Chef. She changes her card according to the seasons, every two and a half months. Duck gyoza, artichoke muslin, Vietnamese fondue, rice mille-feuilles and matcha cream ... here we juggle with cultures and twists the flavors with a touch of daring. Mélanie Sire notably made her arms at Paul Bocuse in Florida and at Etoile Workshop at Joël Robuchon in Paris (2 Stars in the Michelin Guide.)

20 boulevard Franklin Roosevelt - LES SABLES D'OLONNE
Tel. : +33 (0)2 51 32 00 92 83 - www.lasuitesvp.com



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 - LES SABLES D'OLONNE
Tel. : +33 (0)2 51 23 84 91 - www.lequaidessaveurs.net

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 - LES SABLES D'OLONNE
Tel. : +33 (0)2 51 21 77 77 - www.hotel-coteouest.com



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 combination 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. What better tipple 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.

HEALTH ON YOUR PLATE

Shrimp are rich in protein, contain few saturated fatty acids and are rich in omega 3. Shrimp meat also contains many vitamins, minerals, phosphorus and selenium. So many good reasons to consume La Rose de Saint Gilles!

Gourmet trails...

...in Saint Gilles Croix de Vie

Along the way, recommended products and restaurants



DOMAINE ÉRIC SAGE

Passionate about his profession as a winegrower, Eric Sage and his team organise tastings and carriage rides in the naturally cultivated vineyard, in the middle of a preserved environment 2 km from the ocean. Fun visit for children with ponies, carriage ride or fun pony tour for children... so many activities to do by reservation only.

La Mignotière - BREM SUR MER
Tel. : +33 (0)6 37 68 36 07

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 - SAINT HILAIRE DE RIEZ
Tel. : +33 (0)6 81 97 39 84



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 Coralie Joulin, a painter from La Rochelle, have personalised these vintage sardine tins.

NEW: The Atelier de la Sardine opened in July 2018. It has 3 universes: a museum, an art gallery and a shop. This new space is the fruit of the cannery La Perle des Dieux.

1 Chemin des Gabelous, 85800 SAINT GILLES CROIX DE VIE
Tel. : +33 (0)2 51 55 68 08 - 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

A recipe by Sylvain Maran, Chef at Le Boisvinet restaurant

INGREDIENTS

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.

RECIPE

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

Leave to soak in the brine for 20 minutes.

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 !

SPRING SARDINE FESTIVAL : FROM APRIL 10
TO MAY 4, 2019

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...

« Fête de la Sardine »: July 28, 2019.



Gourmet trails in Saint Gilles Croix de Vie

THE CHEFS



JEAN-MARC PÉROCHON

1 Michelin star for Les Brisants restaurant 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 Saint Gilles Croix de Vie, vegetables from Saint Hilaire de Riez, not forgetting the Vendée's famous moquettes (white beans).

63 Avenue de la Grande Roche - BRÉTIGNOLLES SUR MER
Tel. : +33 (0)2 51 33 65 53 - www.lesbrisants.com



NICOLAS COUTAND

1 Michelin star—Les Genêts restaurant

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 - BREM SUR MER
Tel. : +33 (0)2 51 96 81 59 - www.restaurant-les-genets.fr



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 Saint 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.

2 rue Louis Cristau - SAINT GILLES CROIX DE VIE
Tel. : +33 (0)2 51 55 51 77 - www.boisvinet.com

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
Tel. : +33(0)2 51 59 20 20 - hotel-restaurant-robinson.fr



RESTAURANT LE GLAJOU

Le Glajou is a restaurant in the heart of the Marais breton, 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
Tel. : +33 (0)2 51 68 11 64 - www.leglajou-restaurant-leperrier.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. : +33 (0)2 51 58 62 64 - www.restaurant-laquichnotte.fr

RESTAURANT LE PETIT SAINT JEAN

Frédéric Farret, head chef that the **Le Petit Saint 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. : +33 (0)2 51 59 78 50

Cuttlefish

Cuttlefish is professionally fished off the Vendée coastline, especially around the Island of 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.



Gourmet trails...

...in Saint Jean de Monts

Local Recipe : Sweet pastry (prepare the night before)

By Sébastien Caudal, Pastry Chef at Le Salon des Desserts

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 *fionaie*, carefully moulded into a blanché pastry.

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. : +33(0)2 51 58 17 69
www.le-salon-des-desserts.com



Below : Eel fishing In the Vendean Breton swamp



Gourmet trails...

...in Island of Noirmoutier



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 Island of Noirmoutier

Along the way, recommended products and restaurants

LE FUMOIR

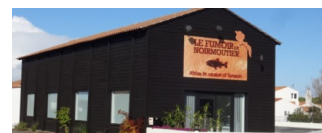
Serge Artus, a native of the island and a carpenter by trade, has a passion for sea fishing. He loves to cook his catches, and his favourite preparation method is to smoke his fish by hand. It's a hobby that has turned into a passion. Spurred on by his friends, he and his wife – who quit her own job – started a new adventure. The couple purchased a former freezer facility on the road leading to Island of Noirmoutier 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.: +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.

Tel. : +33 (0)2 51 35 71 65

LES PETITS CAGNIOTES

Les Petits Cagniotés is the name of a traditional biscuit factory on the island. Savoury and sweet biscuits, ganache with fleur de sel, marshmallow with mimosa, Valentine's Day macaroons, delicious jams... treasures in the mouth, concocted by Pierre and Géraldine to fill up on Vendée delicacies.

2 RUE MARQUETTES - NOIRMOUTIER EN L'ÎLE

Tel. : +33 (0)2 51 35 33 39 - lespetitscagniotés.com



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 Island of Noirmoutier

LOCAL RECIPE: Fish and shellfish with velvet crab broth

A recipe by Alexandre Couillon, 2 Michelin stars Chef at La Marine

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 » - MAY 4, 2019

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 Saint Gilles Croix de Vie sardines and Challans chicken, ideal accompaniments to steamed Bonnotte potatoes...



Gourmet trails...

...in Island of Noirmoutier

THE CHEF



ALEXANDRE COUILLON

Chef of la « Marine », 2 stars in the Guide Michelin and ranked in the 180 Best Tables of the World.

On the island of 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".

In January 2019, La Marine has just joined the 180 Best Tables of the World and is now ranked 9th in the 2019 world ranking of "100 Chefs of the Year" by the professional magazine Le Chef.

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 - NOIRMOUTIER EN ÎLE
Tel. : +33 (0)2 51 39 23 09 - www.alexandrecouillon.com



From **119.50 €** 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 moquette 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 - CHAMBRETAUD
Tel. : +33 (0)2 51 91 51 44 - www.ferme-des-couts.com

DUCK FOIE GRAS

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 - L'OIE
Tel. : +33 (0)2 51 65 40 68 - www.canard-soulard.com

LA ROSE DES VENTS

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

La Rose des Vents - LE BOUPÈRE
Tel. : +33 (0)2 51 91 49 92
www.larosedesventsvendee.com

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.

Rue de la Barbinère - CHANTONNAY
Tel. : +33 (0)2 51 34 39 72
domainedelabarbiniere.jimdo.com



THIERRY DRAPEAU, 1 MICHELIN STAR CHEF

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 one 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.

Hôtel**** & Restaurant* Thierry Drapeau
La Chabotterie - SAINT SULPICE LE VERDON (MONTREVERD)
Tel. : +33 (0)2 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. Moquette beans from the Vendée earned the European PGI (Protected Geographic Indication) quality label on October 9, 2010, protecting the "Moquette de Vendée" name across the whole of the European Union.



Gourmet trails...

...Vendée Vallée

LOCAL RECIPE : Vendée brioche ice cream Parfait

A recipe by Xavier Giraudet, 1 star Michelin chef at La Robe restaurant

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 - Montaigu

Tel. : +33 (0)2 51 47 79 27:06 45 26 95 69 — www.restaurant-la-robe.com

FESTIVAL SEASON !

MOGETTE FAIR - OCTOBER 13, 2019

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.



Gourmet trails...

...Vendée Vallée

THE CHEFS



Fabrice Biteau, David Coutant et Stéphane Malaquin

Les Trois Piliers

David Coutant and Fabrice Biteau promote their native Bocage through local, seasonal produce. The third man in the trio, Stéphane 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 - LE BOUPÈRE

Tel. : +33 (0)2 51 91 41 87 - les-3-piliers.com



Aurélien Jousseume

L'Envers du Décors

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 Chambretaud – 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 - LES HERBIERS

Tel. : +33 (0)9 86 19 30 21- envers-du-decor.fr



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 - CHEFFOIS
Tel. : +33 (0)6 60 33 47 74



Gourmet trails...

...in Sud Vendée

Along the way, recommended products and restaurants



DOMAINE MOURAT

At their estate in Mareuil, the Mourat family have been perpetuating a family passion for wine since 1880. Jean Mourat has gradually expanded his vineyard onto the surrounding wild hillsides and has re-planted the original varieties. Jérémy Mourat now runs the 122-hectare family-owned estate. On a 20-kilometer route, by bike or electric car, both equipped with a GPS, tourists can discover the vineyards of the Lay Valley. The circuit leads to the foot of a windmill where, in a beautiful pastoral setting, families or groups of friends can take a break around a delicious gastronomic picnic.

Route de La Roche sur Yon - MAREUIL SUR LAY DISSAIS
Tel. : +33 (0)2 51 97 36 48 - vignobles-mourat.fr

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 - PISSOTTE
TEL. : +33 (0)2 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 - VIX
Tel. : +33 (0)2 51 00 49 38 - www.prieure-la-chaume.com



THE KAMOK

Kamok is one of the best known liqueurs in the Vendée for its inimitable flavour. Created in Luçon in 1860, by the Vrignaud and bought by Domaine Mourat, a family of spirit merchants, it is made from three different arabica coffees that are roasted then aged in oak barrels for two years. To discover during a visit to Domaine Mourat

VIGNOBLE MERCIER

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

16 rue de la Chaignée - VIX
Tel. : +33 (0)2 51 00 60 87 - www.mercier-vins.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 - L'ORBRIE
Tel. : +33 (0)2 28 13 00 26

THE BOUCHOTS MUSSELS

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.

Gourmet trails...

...in Sud Vendée

LOCAL RECIPE: Crunchy Préfou with Crisp Vegetables and Vendée Ham

A recipe by Fabrice Riefolo, Chef at L'Auberge de la Rivière restaurant

INGREDIENTS

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 » - JULY 7, 2019

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 Saint 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 - SAINT MICHEL EN L'HERM
Tel. : +33 (0)2 51 30 25 69
www.restaurant-larosetremiere.fr

CYRIL BRETHEAU

Le Rabelais

Cooking is above all a passion... that of men for their region, the richness and variety of their land and it is also the respect of the product, the taste of sharing, the pleasure of making people happy... At the Rabelais' table, cooking is above all a passion. That of men for their region, the richness and variety of their land and it is also the respect for the product, the taste of sharing, the pleasure of giving pleasure. This is what Chef Cyril Bretheau and his brigade propose through tasty dishes.

19 Rue de l'Ouillette - FONTENAY-LE-COMTE
Tel. : +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 - LUÇON
Tel. : +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 - VELLUIRE
Tel. : +33 (0)2 51 52 32 15 - www.hotel-riviere-vendee.com

From 194€ 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 Riefole 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

Practical information



A DEDICATED PRESS CENTER

Events, our most recent press releases, our press packs by theme and more.

All our latest tourist informations are on: tourisme.vendee-expansion.fr/espace-presse

A PHOTO LIBRARY

To illustrate your articles on Vendée's gastronomy, 80 photos free for use are available on :

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

PRESS TRIPS

Are you looking for an original subject or do you need to discover the specialities of the region?

Feel free to contact the Vendée Tourisme press department. We can offer you press trips or organize a tailor-made discovery of the Vendée according to your needs.



LA VENDÉE

GRANDIOSE ET INTIME



PRESS CONTACTS :

Fabienne COUTON-LAINÉ

Tél. +33 (0)2 51 47 88 23 ou +33 (0)6 30 64 63 03

f.couton-laine@vendee-expansion.fr

Clémence BOSSARD

Tél. +33 (0)2 51 46 11 63 ou +33 (0)7 72 34 75 11

c.bossard@vendee-expansion.fr