

The Cuisine, Wine, History & Culture of the Cote d'Azur

October 6-13, 2018

AN EDUCATIONAL TOUR FOR THE AUGUSTE ESCOFFIER SCHOOLS OF CULINARY ARTS

Presented by MBI, Inc.

Chef Michel Bouit – President, Disciples Escoffier International-USA

Saturday, October 6 ~ Departure for Nice, France

The beautiful city of Nice sits like a jewel on the Baie des Anges - Bay of Angels of the sparkling Mediterranean Sea. This city is a fabulous fusion of French and Italian culture, customs and cuisine. Nice is the 5th largest city in France, after Paris, Marseille, Lyon and Toulouse, and capital of the Department of the Alpes Maritimes.

Sunday, October 7 ~ Arrival in Nice; check-in for 6 nights at the *Hotel Flore Nice Promenade*

Travel to the medieval village of Eze along the Moyenne Corniche, *the middle road of the Alpes Maritimes* enjoying the stunning

panoramic views of the Mediterranean. Visit of *Perfumerie Fragonard* offering aromatic experiences throughout their factory and exquisite boutique with time to explore the beauty and charm of Eze. Then on to the quaint village of La Turbie famous since the Roman times, offering beautiful views of the Principality of Monaco and the Mediterranean. Dinner at Café de la Fontaine; return to Nice

Medieval Eze, perched like an eagle's nest on a narrow rocky peak overlooking the sparkling Mediterranean Sea is a well-preserved fortified village crowned with the ruins of its 12th century castle.



Monday, October 8 ~ Breakfast at the hotel. Depart for *Restaurant Alain Llorca, 1-star Michelin* in La

Colle Sur Loup for a hands-on cooking class followed by a wine presentation and tasting. Lunch will consist of the dishes prepared by the participants. Afternoon visit to the grave site and former home of Auguste Escoffier in Villeneuve-Loubet, now housing the *Musee de l'Art Culinaire - Culinary Museum of Escoffier*. Induction of Disciples will take place with Michel Escoffier, the great grandson of Auguste Escoffier. Return to Nice. Dinner at *Restaurant Passion'elle*.



Tuesday, October 9 ~ After breakfast at the hotel, visit the vineyards of *Chateau de Cremat AOC Bellet* with a wine tasting.

The cultivation of grapes in Nice stretches back to the 3rd century B.C. when the Phoenicians first planted the vines on the sunny hillsides of Nice. Located in the Bellet Region of northwest Nice, the vineyards once extended to 2,500 hectares and its wines were exported globally. Bellet wines were awarded the AOC designation (Appellation d'Origine Controlée) in 1941. Wine production continues although the acreage of vineyards is now only about 50 hectares. The sunny microclimate continues to insure a small but steady output of fine, expensive wine. The St. Roman de Bellet is available in most local wine shops and restaurants featuring Nicoise cuisine. Producing less than 100,000 bottles a year, it is difficult to find the wines outside of Nice.

Next, a cooking demo on petits farcis, a Mediterranean specialty consisting of stuffing mini legumes such as tomato, zucchini onions, artichokes, peppers, eggplant, and more. A wine presentation and lunch follows with chef Michel Devillers at *Restaurant L'Ane Rouge*. Chef Devillers is a Disciple of Escoffier.



Afternoon visit to Confiserie Florian with its candied clementines from Vence and their range of candied fruit; apricots, angelica, pineapple, cherries, peaches, pears, plums, and melon along with crystallized flowers, chocolate-covered orange peels, cocoa-powdered almonds, flower jams, citrus marmalades and more confections. We conclude the day with a visit of the *Musée Matisse*

Matisse Museum is situated on the Hill of Cimiez, site of Gallo-Roman ruins and the Hotel Regina, former Franciscan monastery where Matisse frequently resided. It has been welcoming visitors to view his works since its opening in 1963. Matisse lived in Nice from 1918 until his death in 1954.

Dinner on own.

Wednesday, October 10 ~ Breakfast at the hotel; depart for a 3-hour walking food tour in the Old Quarter of Nice. The food shops, delicatessens, flower markets and more, comprise one of the most picturesque market places in France. The visit includes the market of La Liberation to sample different regional specialties and gain an insight into the role gastronomy played in defining the city's culture including the Italian influence on the city's cuisine. The tour concludes with lunch consisting of Nicoise specialties. Afternoon, we visit the Fromagerie du Carre d'Or to discover French cheeses representing the 7 family of "fromages" with a tasting of the various types. Dinner at Restaurant Coco & Rico.

Thursday, October 11 ~ Breakfast at the hotel. Depart for the village of Mougins for a hands-on cooking class with Chef Denis Fetisson; you will prepare 2 recipes which will be your lunch. Chef Fetisson is a wonderful chef to work with and you will enjoy.

Afternoon visit of the 18th century *Moulin a Huile of Sainte-Anne* in Grasse to sample their superb olive oil and browse in their boutique that offers olive oils and products and beautiful items made of olive wood. Return to Nice. Prior to dinner at Café Lea, learn about organic French wines made from grapes grown without chemical fertilizers or pesticides, a natural process that results in a wine of unique character and discover the main wine-producing regions of France with the distinct differences between Bordeaux and Burgundy wines, and the complexities of "Le Methode Champenoise."

Friday, October 12 ~ Breakfast at the hotel. Day at leisure to explore more of Nice or visit the Principauté of Monaco. Farewell Dinner at Maison de Marie with Chef Alain Rous, a Disciple of Escoffier. Presentation of diplomas and sharing many great stories around the table; a celebration of the days spent together learning, experiencing and gaining insight into the cuisine, wine, history and culture of this incredible region of France.

Saturday, October 13 - Early breakfast at the hotel; departure by motor coach for the airport for return flights to U.S.





Reservations Cote d'Azur ~ The Cuisine, Wine, History & Culture

Name _____ Chef coat size _____
(PRINT NAME EXACTLY AS SHOWN ON PASSPORT)

Total # traveling _____

Addl. traveler name _____ chef coat size _____
(PRINT NAME EXACTLY AS SHOWN ON PASSPORT)

Address: _____

City/State/Zip: _____

Telephone #: _____ Email: _____

_____ \$2,695. per person, double occupancy (land package only) _____ \$2,895. per person, single room (land package only)

A deposit of \$1000. per person is due with reservation. Final trip balances are payable by August 8, 2018, 90 days prior to departure. A confirmation will be mailed upon receipt of reservation. Itineraries may be subject to change.

___ Checks payable to MBI, Inc. **PREFERRED** ___ Visa ___ MC ___ AE *Payments by credit card are assessed 5%*

Credit Card #: _____ Exp. _____
Security code _____

Cardholder _____

Cardholder Signature: _____

Reservations by email: mbi@worldofmbi.com Secure fax: 773-649-9179

Mail: MBI, Inc. 4428 N. Malden . Chicago, IL 60640 Tel: 773-769-1790

TOUR INCLUDES:

- 6 - night hotel accommodations, single room including daily breakfast
- Point to point ground transportation by deluxe motor coach including airport transfers
- Unique gastronomic dining experiences and VIP wine tastings
- Professional and cultural visits, hands-on cooking classes and culinary demos as per itinerary
- Diploma and commemorative chef coat
- Taxes and tips

Prior to booking your flights, please email us your potential flight itinerary so we can arrange to greet you upon your arrival in Nice. Plan to arrive in Nice mid-morning to late-morning on October 7 and to depart mid-morning to late morning on October 13.

Passenger Travel Protection Insurance is recommended and is available through MBI, Inc.
<https://www.tripassure.com/main/?welcome=MBIC4428IL>