

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

October 6-13, 2018

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. We start our discovery of Nice with a visit of the Musée Matisse.

The Matisse Museum is situated on the Hill of Cimiez, site of Gallo-Roman ruins and the Hotel Regina, former Franciscan monastery where the 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.

Next, we 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 Perfumerie Fragonard offering aromatic experiences throughout their factory and exquisite boutique. Time to see the beauty and charm of Eze Village. Then on to the quaint village of La Turbie, famous since the Roman times, the offers 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 with a wine presentation and tasting. Lunch will consist of the dishes prepared by the participants. Afternoon visit to the grave site and to the former home of Auguste Escoffier in Villeneuve-Loubet, that houses the *Musée de l'Art Culinaire - Culinary Museum of Escoffier*. An induction of new members of the Disciples Escoffier International USA will be held at the *Musée* with the assistance of 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 Contrôlée) 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 with Chef Michel Devillers at Restaurant L'Ané Rouge, followed with a wine presentation and lunch. Chef Devillers is a Disciple of Escoffier.



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

Remainder of day and evening free. 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 where you will sample the various regional specialties and learn about the role the Italian influence played in defining the city's culture and cuisine. The tour concludes with a lunch of Niçoise specialties at Pane Oilo. In the afternoon we visit the Fromagerie du Carre d'Or to discover French cheeses representing the 7 families of "fromages" with a tasting. Next, we travel into the back hills of Nice to Tourrettes-sur-Loup for a visit and tasting of the Chevre produced at the Ferme des Courmettes with cheese maker Monsieur Gabelier. Return to Nice. 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 where you will prepare two recipes for your lunch. Chef Fetisson is a wonderful chef to work with; very enjoyable! 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 sells olive oils and products and beautiful olive wood items. Return to Nice. Prior to dinner at Café Lea, we 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. Discover the main wine-producing regions of France and the distinct differences between Bordeaux and Burgundy wines, and the complexities of "Le Methode Champenoise."

Friday, October 12 ~ Breakfast at the hotel, departure for Mandelieu La Napoule. Visit the Forville Market followed by a cooking demonstration of the authentic Bouillabaisse by Chef Stephane Raimbault at his Restaurant l'Oasis 2-star Michelin since 1992 and a Relais & Chateaux property. The bouillabaisse and other delicious creations by Chef Stephane will be enjoyed for lunch. Return to Nice. Our farewell dinner will be at Maison de Marie with Chef Alain Rous, a Disciple of Escoffier. Presentation of diplomas and sharing great stories; 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: _____

_____ \$2,795. per person, double occupancy (land package only) _____ \$2,995. per person, single room (land package only)

A deposit of \$500. per person is due with reservation. Final trip balances are payable by February 14, 2018, 60 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. _____
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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, see below.



<https://www.tripassure.com/main/?welcome=MBIC4428IL>