

International Culinary Studies Program France



A Taste of France

with Chef Michel Bouit & The World of MBI

Beaune, the Cote d'Or, Pontarlier, Bourg en Bresse, Lyon & the Beaujolais Region

September 25 – October 2

Friday, September 24 ~ Departure for France.

Saturday, September 25 ~ Arrival in Lyon & departure by deluxe motor coach to Beaune, the capital of Burgundy wines and largest communal AOC in the Cote d'Or. Visit of the Hotel Dieu created in 1443 by Nicolas Rolin, Chancelier de Philippe le Bon. It served local wines to its patients for 520 years. Dinner at Restaurant Loiseau des Vignes.
1 NIGHT STAY AT THE IBIS BEAUNE CENTRE

Sunday, September 26 ~ After breakfast, departure for Saint Vit to visit the Grotte d'Oselle. The beauty of its natural scenery, extraordinary variety of formations and colors, geological phenomena and prehistoric remains exhibited inside the cave, Osselle is regarded as one of the most wonderful caves in the world. Then on to Besancon for a cooking demo, tasting & lunch with Jean-Francois Maire, Academie Culinaire du Doubs. Afternoon, we will visit Les Salines – the salt mines. 1,000 years of history in Salins where vast underground galleries used to shelter the working brine hydraulic pumping system (18th & 19th century) that supplied the Roman thermal baths. Our travel conclude in Pontarlier with a light dinner at the Hotel Ibis.
2 NIGHT STAY AT THE HOTEL IBIS PONTARLIER.

Monday, September 27 ~ After breakfast, departure for Metabief for a visit and tasting of the products at Fromagerie du Mont d'Or. This artisan dairy produces the famous Comte cheese all year. They also produce Morbier and Raclette. Next is Fort Saint Antoine for a visit of the cathedral of Comte cheese. Situated at an altitude of 1,100 meters between Saint Point Lake and the ski resort of Metabief, the castle of Lucotte de Saint Antoine was constructed under the authority of General Sere de Riviere between 1879 and 1882. Abandoned by the military, this underground colossus was converted into maturing cellars in 1966 by Marcel Petite. Over 65,000 wheels of Comte cheese age in a unique natural atmosphere. Lunch at Restaurant a la Ferme in Malbuisson to enjoy a traditional Raclette, a staple of wintertime in Switzerland. It is essentially melted cheese, served over boiled potatoes with lots of ground black pepper, accompanied by small pickled onions, gherkins, ham and a green salad. What a treat! After lunch, we will visit and enjoy a tasting at Le Tuyé du Papy Gaby in Gilley to discover how ham and sausage are still smoked today. This evening, a fun experience is planned at Ferme du Coin Perdu in Les Fourgs to include a visit of the farm, horse-drawn carriage ride and family-style dinner at the farm with owners Gabriel, Giselle, Bertrand and Christelle.

Tuesday, September 28 ~ After breakfast departure for Bourg-en-Bresse. Before leaving Pontarlier, we will visit the Distillery Pierre Guy, one of the last artisans with alembics and century old casks. Founded in 1890 by Armand Guy, this former absinthe distillery now produces a distilled aniseed drink called "Pontarlier-Anis." Then on to Arbois for a regional lunch at La Finette, Taverne d'Arbois. After lunch, visit and tasting at Domaine Aux Deux Tonneaux Henri Maire. Henri Maire owns 300 hectares divided into various appellations of Jura wines. Our dinner will be at Restaurant Lea in Montrevel en Bresse.
1NIGHT STAY AT THE HOTEL MERCURE IN BOURG EN BRESSE.

Wednesday, September 29 ~ After breakfast, departure for Lyon. In route, visit of a poultry producer in Jasseron. Owner and breeder Pascal Chanel is very passionate and explains everything about raising the famous “Poulet de Bresse”. The ancestral breeding techniques follow strict rules in raising the birds, their special diet, the way they are housed and more.

3 NIGHT STAY AT THE HOTEL MERCURE LYON BEAUX ARTS

Just a short walk from Place Bellecour and the Opera, between the Rhone and the Saone, the Hotel Mercure Lyon Beaux Arts enjoys an exceptional setting at the very heart of Lyon and within the UNESCO designated World Heritage Site. Its charm and friendly atmosphere are apparent immediately as you enter the Art Deco hall of this grand 19th century building typical of Lyon architecture.

Late afternoon, guided visit of the Vieux Lyon, the Painted Walls, the famous “Traboules”, the 17th century Basilica of Fourviere situated on a hill overlooking the city and la Maison des Canuts, the silk worker’s house and museum. Then on to Perouges for a regional lunch at l’Ostellerie du Vieux Perouges, a medieval fortified village that has some of the best-preserved medieval architecture in France.

Thursday, September 30 ~ After breakfast, departure for Institut Paul Bocuse, the famous chef’s culinary institute for a full day of education beginning with a regional cooking demo and lunch at Restaurant Seasons followed by an afternoon pastry demo. Evening is at leisure to discover Lyon’s gastronomic offerings. The World of MBI can recommend and make restaurant reservations.

Friday, October 1 ~ Visit of La Halle de Lyon, a covered market with an incredible array of meat, seafood, cheese, produce and much more with a breakfast consisting of a Machon Lyonnais at Resto des Halles. Then we will visit Bernachon, a family owned Chocolatier. They roast their own cocoa beans and utilize the finest ingredients to create an array of chocolate that will ruin you for anything else. Then departure for the Beaujolais region & a visit of Huilerie Beaujolaise an oil mill in Beaujeu which produces walnut, hazelnut, pistachio, almond, sesame oils & more. The products of Jean-Marc Montegottero are well known by famous French chefs. Visit of the Hameau du Vin, Georges Duboeuf en Beaujolais in Romaneche-Thorins with lunch, a traditional “Machon Beaujolais”. Farewell dinner at l’Atelier d’Yvonne, rue des Marronniers.

Saturday, October 2 ~ Early departure for airport & return flight to U.S.

Trip Cost

___ \$2,995.00 per person, double occupancy ___ \$490.00 single occupancy

___ \$995.00 round-trip airfare from Chicago (also available from other U.S. cities)

Program includes: 7 nights hotel accommodations with daily breakfast, point to point ground transportation by deluxe motor coach & airport transfers, unique gastronomic dining experiences, professional & cultural visits as per the itinerary, all taxes & tips, 1 full day of education at the Institute Paul Bocuse, recipes, certificate of participation & a commemorative chef coat.