

The Food Festival
A gustatory history of the April 17 - 28 '01 Sharon Shipley Tour of Provence
Notes courtesy of Betty Sproule, happy participant
Transcription courtesy of Katie Nutter, even happier participant

April 18

Arrival at La Bonne Etape, Chateau Arnoux

Olives and hors d'oeuvres on the patio - champagne with cassis

Dinner with several courses, courtesy of chef Jany Gleize. Among the highlights:

- **Anchoiade Jarcandine on a nest of zucchini** - mayonnaise made of olive oil and anchovies; raw, chopped zucchini that had been tossed with sea salt to "sweat," then rinsed, dried and put in cute little ramekins
- **Poitrine de veau farci au vert** -- breast of veal stuffed with a spinach and pine nut filling, then braised with citron, served with grilled tomato, polenta and fennel with garlic

April 19

Cooking lesson with Chef Jany. We watched him trim a saddle of lamb into noisettes. We had a tour of the herb garden. We watched lots of busy young men in the kitchen who were doing everything from hand-filling little ravioli with a leek mixture to using a blow torch to scorch the features off pigeons.

Lunch courtesy of chef Jany included:

- **Mussels and mushrooms with veloute sauce**
- **Asparagus with truffle vinaigrette**
- **Chickpea pancakes served with eggplant and tomato couli**
- **Dorado (a fish) with polenta and two sauces - red pepper and celery**
- **Lamb noisettes with steamed stems of chart, "sputnik" potatoes that had pasta "antennae" and had been deep fried**
- **Cherry liquor sorbet**
- **Honey-lavender ice cream in a cookie hut with a "grass" room of spun sugar**
- **"Amuses de bouches" - mouth amusements such as strawberry tarts and madelines**
- **Coffee with chocolate-covered orange peels**

After lunch we went to see an olive oil grower. The house had a "pigionniere," a pigeon house. I bought olive oil there. Then we drove to Monasque, a charming little town with one of the famous "black Madonnas" in its church. I bought some lovely French lingerie for my daughter.

Dinner with chef Jany:

- **Aperitif of muscat, pear juice and champagne**
- **Gazpacho in a small soup tureen**
- **Stuffed leek terrine with goat cheese**
- **Ravioli stuffed with spinach and chart, served with tomato coulis**

- **Green lettuce salad**
- **Duck breast in puff pastry, with a sauce made of mushrooms and hibiscus**
- **Cheese course featuring goat and sheep cheeses, nut bread**
- **“Pre-dessert” == red fruit sorbet with strawberries**
- **Chocolate fondant with orange sauce and cocoa sherbet with mint sauce**
- **“Amuse bouches” - almond tuiles, jellies, strawberry tarts, cream puffs with orange zest in chocolate, and caramel deglazed with vinegar and Schewan pepper**

We spent a total of seven hours sitting at a table that day!

April 20

Typical “La Bonne Etape” breakfast - really strong coffee, juice, yogurt, fresh fruit, pear juice, and a variety of rolls, including a chocolate-filled croissant that was great!

After breakfast we went to the Citadel at Sisteron, a fascinating town on a strategic pass through the French/Italian Alps. The Citadel was quite imposing. Given the ferocity of the winds that day, we felt sorry for any poor guy who had guard duty up there at night! Napoleon had been through there. Several of us bought lovely watercolors of the town.

Back to La Bonne Etape and lunch:

- **Little lamb-burgers with sliced tomatoes**
- **Asparagus flan**
- **Chickpea salad with chickpea puree**
- **Salt cod spread on toast**
- **Crostini with fresh sardines and tomato confit**
- **Baby cherry tomatoes stuffed with cream cheese and caviar**
- **Crostini with goat cheese, herbs and black caviar with a dill garnish**
- **Bread and assorted cheeses**
- **Strawberry cream cake**

Dinner at La Bonne Etape:

- **“Amuse bouches” - chicken drummets with citrus and caramel sauces, fresh anchovies with cherry tomatoes stuffed with goat cheese**
- **Cold rockfish soup with fennel, almonds and chives on a salt cod oval**
- **Duxelle mushrooms with rosemary sauce, topped with a fish filet**
- **Marinated foie gras (We saw him wrap it with brandy and herbs), sautéed with apples and prunes.**
- **Various cheeses, including rochefort**
- **Dessert - pineapple-based puree with Pina Colada sorbet, with a meringue spoon and candied violet for decoration**

Saturday, April 20

After breakfast at La Bonne Etape, we said goodbye and headed out for Bonnieux, our next home. We stopped along the way and looked at the market at Apt. It was our first market experience.

An indoor picnic lunch was served at our new lodging in Bonnieux, Le Clos de Buis. It consisted of bread, cheese, pate, olive, etc. that Sharon had bought in Apt.

Dinner at Le Fournil in Bonnieux:

- **Vegetable tart with leeks, carrots, zucchini, artichokes and goat cheese, served hot over cold tomatoes and mixed greens. Garnished with ripe olive tapenade, seasoned with herbs of provence**
- **Braised veal with carrots, zucchini, snowpeas, parsnips and turnips**
- **Caramel with chocolate mousse on a cookie**
- **Coffee served in a demitasse with a sugar cube and chocolate square**

Sunday, April 22

A lovely town with a stream running through it, Isle Sur le Sorgue has a great Sunday market. We went all around town shopping and then had ...

Lunch at La Prevote:

- **Puff pastry spread with tapenade, rolled and sliced into pinwheels**
- **Crescents filled with mushrooms**
- **Green olives**
- **Anchovies marinated in orange juice**
- **Mixed green salad with vinaigrette, with tomatoes and slivered green olives in the middle, then rolls of smoked salmon wrapped around goat cheese**
- **Slice duck breast served over confit of mushroom, duxelles, onions, mirepoix, vegetables and a potato galette**
- **Local cheeses**
- **Dessert - tuile cookie with whipped cream, garnished with strawberries and strawberry sherbert**
- **Madelines and macaroons, truffles granache**

Sharon prepared us dinner that night, using food she'd bought in Isle Sur le Sorgue:

- **Hors d'oeuvres = roasted eggplant slices wrapped around goat cheese and sun dried tomatoes**
- **Rotisserie chicken from the market, wrapped in parchment paper to reheat**
- **Tomatoes with herbs de Provence**
- **Salad with celery roots, carrots, beets, artichoke hearts**
- **Roasted tiny potatoes enhanced with olive oil and herbs of Provence**
- **Quiche made with puff pastry dough**
- **Fresh strawberries with cassis**
- **Apple tart with glazed fruit**
- **Champagne**

Monday, April 23

Cooking lesson in a.m. from Sharon. (Recipes are in the book Sharon gave us.)

- **Roast pork stuffed with tapenade**
- **Roasted potatoes**

- **Green bean salad with pancetta**
- **Marinated Provencale vegetables**
- **Apple tart with rosemary**

After our a.m. cooking session with Sharon, we went to lunch at the home of Solange and Denis Brihat, a charming couple. Solange prepared a lovely lunch:

- **Tart with zucchini and tomatoes**
- **Terrine of mushrooms and red and green peppers, served with a tomato-basil sauce**
- **Duck pate**
- **Local cheeses**
- **Asparagus salad**

After lunch we had a tour of Denis's photography studio. Some of us bought his portfolio of photos. Dick Sweet bought a fantastic photo of a poppy that changes color based on the light reflected off it.

After lunch we went to a bread-making museum in Bonnieux.

For dinner, we ate what we'd prepared in the a.m. cooking lesson. Add to that list a frisee salad with cherries and an orange vinaigrette.

Tuesday April 24

We went to the lovely town of Seguret, where there were two talented ceramists and a guy who made santons. I bought a nativity set.

We sat in the square and ate ham and cheese sandwiches on crunchy French rolls.

After lunch we went to Chateauneuf du Pape for wine tasting.

Dinner that night was the result of a Sharon Shipley cooking class:

- **Scallops with lemon zest, crème fraiche, capers, gratin topping**
- **Pasta with tomato sauce and parmesan**
- **White asparagus salad with tomatoes and basil vinaigrette**
- **Cherry and rhubarb upside down cake**
- **Green beans with hot pancetta dressing.**

Wednesday, April 25

We went to San Remy and had planned a picnic, but it was raining. Sharon talked her way into a lovely hotel des Alpilles, where we had an indoor picnic lunch of:

- **Turkey and brie sandwiches**
- **Chickpea salad**
- **Potato salad**
- **Olives**

For dinner that night, Sharon had a chef come in and give us a demonstration lesson. He'd never worked with so many "sous chefs" who worked for free! He showed us how to make:

- **Ratatouille (all the vegetables got cooked separately)**
- **Racasse - a fish that went on top of the ratatouille**
- **Chicken fricasse with chestnuts**
- **Goat cheese baked in chestnut honey**
- **Tomato soup with red berries**

Thursday, April 26

Off to Avignon. Started the day off with a cooking lesson from chef Christian Etienne, of the restaurant named after him. (He decided to become a chef because he was a lousy study - lucky us!)

Christian showed us how to debone a guinea fowl while keeping it entirely intact. Super culinary student Dick Sweet immediately showed that he could do it, too.

Lunch with Christian included:

- **Roasted guinea fowls stuffed with a mixture of carrots, celery, mushrooms, onions**
- **A pastry with layers of apply and celery root - not served as a dessert**
- **Pinenut tart - caramelized pine nuts, yum!**

After our heavy lunch and the tour of Avignon, we returned for a light dinner prepared by Elaine.

- **Fresh garlic and noodle soupe**
- **Delicious crusty French bread made by Dick Sweet**
- **A lovely layered salad with endive, artichokes, peppers, tuna and olives**
- **Strawberries**

Friday, April 27

We had lunch in Le Bistro d'Eygleses, "Chez Bou." Betty got creamed in the head with a heavy water pitcher by a clumsy server. She stayed conscious and we managed to eat:

- **Crudites with anchovy sauce**
- **Cream of mushroom soup**
- **Green salad with "oysters" of chicken and tomatoes**
- **Pork tenderloin medallions with Swiss chard ravioli and roasted garlic**
- **Mashed potatoes made of olive oil**
- **Molten chocolate soufflé with orange flavored crème anglaise**
- **Tea and coffee**
- **Caramelized hazelnuts and chocolates**

Because we'd had such a lovely lunch, we "ate light" (ha, ha), with Elaine taking the lead on dinner.

- **Salad with tomatoes and greens**
- **Baby artichokes**
- **Quiche**
- **Pizza**
- **Cheese and salami**

- **Dick's bread**
- **Fruit platter**
- **Cookies**

Saturday, April 28 - time to fly home!