

-> Destination

# NICE

*The Cuisine Nissarde label*

***Press Kit 2014***



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Nice cuisine



## NICE

### The cuisine and its label in heritage

**Nice, 5<sup>th</sup> city of France** and 2<sup>nd</sup> international tourism destination, is a modern and active capital that managed to preserve its lifestyle during the centuries of a rich and intense history, drawing its energy between sea and mountains: its cuisine is a reflection of this situation.

The 'Niçoise' cuisine has the name of its city in its appellation: '*Cuisine Nissarde, le respect de la tradition*'. This is a unique case with the city of Lyon. This appellation was created in 1998 by the UDOTSI (Departmental Federation of the Offices of Tourism) accompanied by Renée Graglia, the late President of the Capelina d'Or. The objective was simple, and remains, to reassert the value of the authentic Nice cuisine while preserving the memory of its past.

Today, the label is managed by the Nice Convention & Visitors Bureau which wished to promote it. The spirit has been preserved in order to guarantee its durability. To this end, a Technical Committee, rules and an evaluation grid were created.

Already 17 restaurants have received the label at an official ceremony in the presence of Christian Estrosi, Member of Parliament and Mayor of Nice, President of the Metropolis Nice Côte d'Azur, President of the Nice Convention & Visitors Bureau, Rudy Salles, Member of Parliament of the Alpes Maritimes, Mayor's Delegate for Tourism, Vice-President of the Nice Convention & Visitors Bureau, on February 3rd 2014. Other applicants continue to apply for the label and will be inspected by the Technical Committee in the near future. 7 restaurants have joined the label in July.

The 'Niçoise' cuisine reflects the respect for the regional products and lifestyle, always accompanied by the famous olive oil –*with an AOC, Registered Designation of Origin*– and aromatic plants. The restaurants, which have received the 'Cuisine Niçoise' label, are easy-to-identify by the sticker on their window.

Lifestyle, sensuality and authenticity are the first emotional qualities, given spontaneously to Nice. All forms of pleasure are joined together: gastronomy, culture, shopping, and nightlife...

## Convention and Visitors bureau: a quality approach

In 2014, the Nice Convention and Visitors Bureau has reinforced its approach of labelling, in order to, in all areas, to observe a level of excellence... always keeping in perspective: more quality, service and pleasure...

Thanks to this dynamism, it is possible to have large experiences in Nice, with complete trust.

### The 'Cuisine Nissarde, le respect de la tradition' label

Rare are cities whose name is associated with a type of cuisine. In France, only Lyon, and its 'bouchons' and Nice, with its cuisine are clearly identified.

In order to develop its actions in favour of a targeted tourism offer of quality, the Nice Convention and Visitors Bureau has relaunched the 'Cuisine Nissarde' label to put forward restaurants which:

- respect traditional recipes,
- are attached of the heritage and the history of Nice cuisine,
- propose a cuisine and a welcome of quality.

The aim is to save, promote and perpetuate Nice cuisine, which is a world-renowned. The 'Niçoise' cuisine reflects the notion of well-being and the respect for regional products, always accompanied by the famous olive oil.

In order to choose some typical dishes from Nice, the Nice Convention and Visitors Bureau have been surrounded by professionals and experts of the Nice cuisine around a Technical Committee. Finally, 26 recipes have been selected in commission.

Restaurants, which hold the brand 'Cuisine Nissarde', are committed to cook the typical dishes from Nice (a minimum of three recipes) defined by this committee with the respect of the established recipes. They also have to:

- take into account the quality of the products,
- have a knowledge of the history and the heritage of Nice,
- take care of the quality of their welcome and information,
- respect the regulations in terms of hygiene and security
- are easy-to-identify by a 'Cuisine Nissarde' label sticker on their window.

This action is ensure by continued a wareness of the Hotel Business and Tourism technical high school of Nice, and by the implementation of cookery courses for the public who want to learn recipes of the authentic Nice cuisine.

### Label's contact for professionals:

Isabelle Bonnet-Piron, Tourism Products Officer, Customer Department.  
[Isabelle.bonnet-piron@otcnice.com](mailto:Isabelle.bonnet-piron@otcnice.com) - 00 33 4 92 14 46 16

## A History of Nice's cuisine

### Land

The Nice region is a land of age-old culture and history that has learnt over the centuries to use external influences to its advantage while building on its traditions. It's the development of trade routes from the 18th century onwards was the biggest contributing factor in spreading awareness of Mediterranean food and Nice's cuisine. The earliest forms of barley cultivation appeared in our region 3000 years ago. Although the Greeks developed grape growing in the 6th century BC, the Romans were the first to truly shape farming land on which to grow olive trees, vines and wheat. For a long time, a culture of subsistence agriculture with poor harvests dominated, as the natural environment was harsh: the soil was poor, water was scarce and the craggy landscape called for 'faissas' to be built - little sloped terraces that had to be cleared and held up by dry stone walls.

Wheat was used to make bread and pasta. Vegetables such as beans, peas, lentils, broad beans, chard, aubergines, leeks, onions, marrow, cabbage, cardoon, radishes and carrots, among others, were grown in family vegetable patches. Brought back from the Americas in the 16th century, tomatoes, peppers, potatoes and corn were only grown in the County of Nice beginning in the 17th and 18th centuries. Harvesting and gathering supplemented these foods, bringing herbs and mushrooms with which to flavour and garnish dishes, while the wide variety of wild salad leaves and greens gave us what we now call «mesclun».

Local fruits such as figs, grapes, chestnuts, walnuts, hazelnuts, pears and apples provided sugar. Almonds, apricots, peaches, prunes, melons and watermelons were introduced to the region by the Greeks and Romans. Originally from Asia, citrus fruits were successfully grown in our region beginning in the 16th century as were persimmon and medlar fruits much later.

### Climate

Although the climate in the Nice area and the Côte d'Azur has done much to boost tourism development in the region, for a long time it was a significant obstacle to local farming life. Long periods of drought broken up by violent, sometimes devastating storms, threatened good harvests and pastoral activity. Communities were consequently forced to adapt farming to the climate, which explains why plant species requiring little water such as olive and fig trees, vines, almond trees, etc. were introduced. The olive tree has been grown since Antiquity and became the ultimate symbol of Mediterranean culture for a multitude of reasons.

For a long time, olive oil was the only grease used in cooking, seasoning and preserving food. Olives are also eaten at the dinner table or turned into tapenade, a condiment that was already known to and loved by the Romans. Olive oil boasts a number of dietary virtues that combine to make it a much-desired product today. The cultivation of vines was an integral part of the agricultural landscape for a long time, before being concentrated into fine wine production. This led to the «Vins de Bellet» appellation, drawing its name from the hills upon which the vineyards unfurl. Wines from Villars sur Var and Baous are also very well-known and much-appreciated.

## Coast

Tucked between sea and mountain, the inhabitants of the Nice region were also forced to adapt their pastoral activities to the hilly surroundings and difficult climate by choosing to raise goats and sheep - animals which survive on little grass and live on craggy land. Locals have always eaten little meat, as it was a rarity and thus too expensive. Traditionally at times of celebration, sheep or kid was served for Easter, offal was prepared as were local tripe specialities, 'trule' blood pudding, caillettes from the valleys, or cheaper cuts of meat such as veal breast or stewing meat. Hens were mainly reared for eggs, while rabbit and sometimes pork provided the occasional treat. Hunting and fishing allowed locals to add some much-appreciated variety to their diets.

Down by the coast, the sea is sadly lacking in fish. Locals mainly eat sardines, anchovies, some types of rock fish, octopus and crustaceans (sea urchins, crabs) fished locally, as well as salted (cod) or dried (stockfish) fish, brought back from the ocean thanks to maritime exchange. «Poutine» sardines and sand-smelt in their larval state and «Nonnat» gobies are highly sought-after and original local specialities. Authorised from January to March by derogation, this fishing ought to have been forbidden from 1 January 1997 by a European provision, but local fishermen applied for a 30-year derogation to this act.

## Traditions

Nice's cuisine follows the natural cycle of the seasons and festivities. Meals are determined according to the family harvest: in summer, the main dish includes a tomato salad with sauce and bread, vegetable stuffing, ratatouille and omelettes, while in the winter cabbage, leek, pulses, soups, baked sliced marrow, and fish or meat stews take centre stage. Sunday dinner is a more elaborate affair. It usually includes a starter of tomato salad in the summer or onion, anchovy and olive pizza followed by a main dish of pasta, gnocchi or ravioli, designed to fill guests up. On special occasions, a meat dish with sauce would generally follow. Dishes are eaten one at a time. Cheese is rarely served. Meals end with fresh fruit in the summer, and dried fruit in winter.

Sweets are prepared for some special occasions: sweet chard pie and ganse doughnut pastries are made for Carnival, and the 13 traditional desserts are served at Christmas... During the week, housewives draw on their creativity, using leftovers and what they have to hand. Leftover meat from Sunday dinner can be turned into stuffing that is used in many of the different dishes that have become special delicacies unique to Nice's cuisine: vegetable stuffing, stuffed veal breast, ravioli, etc.

Known as a 'merenda', a typical snack in Nice involves drenching round crusty bread in olive oil garnished with the ingredients of a Niçois salad, the succulent 'pan bagnat' or 'socca', a thin chickpea flour pancake cooked on a large tray and cut up into little portions.

## Registered and Protected Designation of Origin

### Vin de Bellet

#### History

The Bellet vineyard is undoubtedly one of the oldest in France, and its plantation seems to date back to when the Phoenicians founded Marseille.

Having been granted its AOC in 1941, today Bellet wine is known around the world, and can be found at the grandest of tables.

#### Regions

The AOC covers approximately 650 ha of which 50 ha are in use.

The hillsides are located on the final foothills of the Alps, at an altitude of between approximately 200 and 300 metres, all within the territory of the commune de Nice municipality. The vineyard enjoys full sunlight (approximately 2700 hours per year), nourishing rainfall (838mm per year) and a unique micro-climate due to its altitude and winds (the Mistral and Tramontane) that sweep almost continuously across the valley.

This climate allows for a slow maturing process that is crucial to the crisp refinement of white and rosé wines.

The vines take root in narrow beds of rounded pebbles known as 'restanques', which are mixed with a very light-coloured sand (poudingue) along with a little clay. Together, these excellent conditions draw out the character and full maturity of the grapes to create smooth red wines. The main grape varieties are Rolle, Chardonnay, Folle noire, Braquet, and Grenache.

### Olives & olive oil

For a long time, olive growing and trade was one of Nice's major economic sectors. Its decline was ushered in by the two world wars that drained the region of its workforce and changed both production costs and diets.

The renowned caillette (the name given to olives from Nice) is noted for its quality and delicacy in the Encyclopaedia of Diderot and d'Alembert.

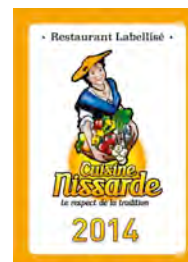
Table olives are steeped in sea salt brine. After six months of salting, their flesh is subtle, slightly crunchy under the tooth, with an unparalleled fruity flavour.

Nice's AOP olive oil is made from olives harvested from the hillsides between November and April. Harvesting is traditionally carried out by hand-pole beating.

The Alziari oil mill is the only one of its kind in operation in Nice, and offers visitors the chance to discover how oil is made for themselves.

## The restaurants approved

After the call for applications with the aim of the allocation of 'Cuisine Nissarde' label to local restaurants, members of the Technical Committee have assessed applicants and have met to validate selection criteria. The restaurants to be approved are the following:



### **Restaurant Acchiardo**

38 Rue Droite, 06300 Nice - 04 93 85 51 16

### **La Cantine de Lulu**

26 Rue Alberti, 06000 Nice - 04 93 62 15 33

### **L'Escalinada**

22 Rue Pairolière, 06300 Nice - 04 93 62 11 71 - [www.escalinada.fr](http://www.escalinada.fr)

### **Lou Balico**

20 Avenue Saint-Jean-Baptiste, 06000 Nice - 04 93 85 93 71 - [www.loubalico.com](http://www.loubalico.com)

### **A'Buteghinn'a**

11 Rue du Marché, 06000 Nice - 04 93 92 28 22 - [www.abuteghinna.fr](http://www.abuteghinna.fr)

### **Lu Fran Calin**

5 Rue Francis Gallo, 06300 Nice - 04 93 80 81 81 - [www.lufrancalin.com](http://www.lufrancalin.com)

### **La Table Alziari**

4 Rue François Zanin, 06300 Nice - 04 93 80 34 03

### **Brasserie de l'Union**

1 Rue Michelet, 06100 Nice - 04 93 84 65 27 - [www.unionrestaurant.fr](http://www.unionrestaurant.fr)

### **La Socca d'or**

45 Rue Bonaparte, 06300 Nice - 04 93 56 52 93

### **La Maison de Marie**

5 Rue Massena, 06000 Nice - 04 93 82 15 93 - [www.lamaisondemarie.com](http://www.lamaisondemarie.com)

### **Le Gaglio**

2 Place Saint-François, 06300 Nice - 04 93 85 42 13 - [www.restaurantgaglio.com](http://www.restaurantgaglio.com)

### **Le Marché**

12-14 Cours Saleya, 06300 - Nice - 04 93 85 77 15

### **Restaurant Luc Salsedo**

4 Rue Maccarani, 06000 Nice - 04 93 82 24 12 - [www.restaurant-salsedo.com](http://www.restaurant-salsedo.com)

### **Le Safari**

1 Cours Saleya, 06300 Nice - 04 93 80 18 44 - [www.restaurantsafari.fr](http://www.restaurantsafari.fr)

### **Auberge de l'Aire St Michel**

Chemin de Châteaurenard Gairaut, 06100 Nice - 04 93 84 42 07

### **Les Garnuches**

13 Rue Cassini, 06300 Nice - 04 83 55 65 53 - [www.lesgarnuches.com](http://www.lesgarnuches.com)

### **Lou Bistrot Nissart**

26 Boulevard Risso, 06300 Nice - 04 22 16 25 81 - [www.lou-bistrot-nissart.fr](http://www.lou-bistrot-nissart.fr)

A second allocation session took place in July...



## Les restaurants labellisés (others)

### In Nice...

#### **Les Palmiers**

1 Avenue des Palmiers Henri Dunant - 06100 Nice - 04 93 84 48 74 – [restaurant-les-palmiers.fr](http://restaurant-les-palmiers.fr)

#### **D'Aqui d'Aia**

12 Rue Cassini - 06300 Nice - 04 83 45 46 48

#### **Lou Pantail**

107 Avenue Saint-Lambert - 06100 Nice - 04 93 52 02 51 – [loupantail.com](http://loupantail.com)

#### **L'Autobus**

142 Vieux Chemin de Gairaut - 06100 Nice - 04 93 84 49 88 -

#### **La Gaité Nallino**

72 Avenue Cap-de-Croix - 06100 Nice - 04 93 81 91 86 – [lagaitenallino.com](http://lagaitenallino.com)

### Around Nice...

#### **African Queen**

Port de Plaisance - 06310 Beaulieu-sur-Mer - 04 93 01 10 85 - [africanqueen.fr](http://africanqueen.fr)

#### **Le Jardin**

7 Place Gal Corniglion Molinier - 06450 Roquebillière - 04 93 03 56 00 - [restaurantlejardin06.com](http://restaurantlejardin06.com)

## Some recipes

For further information: [www.nicetourism.com](http://www.nicetourism.com)

### Salade Niçoise

La Salada Nissarda

#### Ingredients for 8 people

- › 150 g mesclun,
- › 500 g tomatoes,
- › 100 g spring onion,
- › 100 g small white celery hearts,
- › 400 g small purple artichoke,
- › 160 g small green salad peppers,
- › 250 g long "18 day" radishes,
- › 50 g black Nice olives,
- › 200 g tuna in olive oil,
- › 8 salted anchovies (*i.e.* 16 fillets),
- › 20 g garlic,
- › 100 ml olive oil,
- › 4 eggs,
- › 8 to 12 basil leaves (*to taste*),
- › Fine salt & ground pepper.



#### VARIATIONS

- › red wine vinegar
- › 200 g cucumber\*
- › 400 g baby beans\* (non-shelled)

**Preparation time:** 20 minutes

**Cooking time:** 8 minutes (*cooking the eggs*)

**Season:** spring – summer

Wash the vegetables. Clean the radishes, keeping them whole with the tender leaves. Decorate the edges of a salad bowl previously rubbed with garlic (using a peeled clove) with the mesclun. Cut the tomatoes into quarters and place them on the leaves of mesclun, salt. Thinly slice the cucumber\* (possibly sprinkled with salt), the celery and the tender part (heart) of the artichokes, the green peppers and the spring onion. Shell the baby beans\* (in season). Place all these vegetables on the tomatoes, taking care over the presentation, salt. Add the tuna leaving fairly large pieces, the snipped basil and decorate with hard eggs cut into quarters, the anchovy fillets, and the black olives.

Pour the olive oil, at the last minute, and the ground pepper, and toss the salad in front of the guests. When serving, ensure the ingredients are distributed properly on each plate.



# Pissaladière

La Pissaladiera

## Ingredients for 8 people

### BREAD DOUGH

- › 10 to 15 ml water,
- › 10 g salt,
- › 15 to 20 g baker's yeast,
- › 15 ml olive oil,

### FILLING

- › 2 kg onions,
- › 100 ml olive oil,
- › 1 bouquet garni (*thyme, bay leaf, rosemary*),
- › 10 g garlic (*1 clove*),
- › 8 fillets of salted anchovies,
- › Black Nice olives,
- › Salt & pepper.



## VARIATIONS

- › 25 g pissalat

The pissalat can be spread on the dough before adding the onions or mixed directly with the cooked onions before they are spread on the dough.

**Preparation time:** 30 minutes / **Resting time for the dough:** 1 hour 30 minutes

**Cooking time:** 45 minutes for the onions / Pissaladière: 20 minutes

**Season:** throughout the year

Peel the onions, slice them finely and place them in a cooking pot with the olive oil, the unpeeled garlic cloves and the bouquet garni, salt and pepper, cover and leave to cook on a low heat for 45 minutes (allowing the water to evaporate). Remove the garlic at the end of cooking.

Making sourdough: place 125 g of flour in a heap on a flat surface, make a hole, and add the yeast, moistened with some warm water. Knead the flour and the yeast to obtain a ball of dough and leave it to rest in a terrine dish covered with a cloth. The dough should double in size in 30 minutes. Make a ring out of the rest of the flour, put water, olive oil and salt in the middle. Knead the dough, adding water for a good consistency. Add the sourdough and knead the whole. Allow to rest for an hour covered. Grease a tart dish or plate, spread the dough over, ½ cm thick, add the onions, and decorate with anchovies and olives.

Put in a preheated oven for 20 minutes at 275. Pepper on leaving the oven. Allow to cool before serving.

SPECIALITÉS



NICOISES

## Guided tour

To learn about Nice cuisine by tour guides.

This creation goes along ideally with the label.

The first visit took place on February 17<sup>th</sup>.



**VISITE GUIDÉE SUR  
LA CUISINE  
NICOISE**

**GUIDES  
CONFÉRENCIERS  
OFFICIELS**

**CULINARY  
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T. 0 892 707 407 (0,34 €/min) [nicetourisme.com](http://nicetourisme.com)



**PROMENADE DÉCOUVERTE À  
TRAVERS L'ORIGINE DES PRODUITS LOCAUX.**  
*Walking tour through the history  
of typical local products...*

Toute l'histoire de la gastronomie niçoise lors d'un circuit pédestre :  
fruits confits, huile d'olive, socca, marchés aux fruits, légumes, poissons,  
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*All the history of Nice's gastronomy in a walking tour : candied fruit, olive oil,  
socca, fruit, vegetable and fish markets, a stroll through the narrow shopping  
streets of the old city...*

**JEUDI : départ 9H30 de l'Office du Tourisme.**  
**5 Promenade des Anglais.**  
**Durée : environ 2 heures, arrivée Place Garibaldi.**

*Thursday: Departure at 9:30 am  
from the Nice Convention and Visitors bureau.  
5 Promenade des Anglais.  
Duration around 2 h, arrival place Garibaldi.*

Les tours sont assurés par des guides conférenciers titulaires d'une carte  
professionnelle. *Accompanied tours with a qualified guide in French/English.*

**TARIFS PRICES**

Adulte	17€
Enfant -16 ans / Children -16 years	7€
Enfant -6 ans / Children -6 years	Gratuit / no charge

**OPTION**

**"A VOS PAPILLES" TICKLE YOUR TASTEBUDS**

**À 11H45 (après la visite)**  
Déjeuner dégustation à la Socca d'Or  15€

**AT 11:45 AM (after the tour)**  
Lunch-tasting at Socca d'Or 15€  
Menu enfants / Children's menu 10€

**MENU :** Socca - pissaladière - poivrons à l'huile et anchois - la véritable salade  
niçoise et pain fait maison - boissons, vin.

**DESSERT :** Tourte de blette - ganses en période de carnaval - café, thé.

Informations

**Website:** [nicetourism.com](http://nicetourism.com)

**Tel:** 0 892 707 407 (0,34 €/mn)

**Facebook:** [www.facebook.com/NiceTourisme](http://www.facebook.com/NiceTourisme)

**Twitter:** [twitter.com/nice\\_tourisme](https://twitter.com/nice_tourisme)

**Youtube:** [www.youtube.com/user/NiceCotedazurTourism](http://www.youtube.com/user/NiceCotedazurTourism)