

AU BON PAIN



↓ Viennese pastries

These pastries have been created during the XVIIth century and been imported in France at the end of the XVIIIth thanks to the Queen Marie-Antoinette coming from Austria with her bakers.



• Croissant

The recipe used today is the creation of the baker Auguste Colombier who added butter to the original mixture. Star of the breakfast, it is crispy, light and eaten on the go!



Baguette

Recognizable due to its elongated shape, this bread is a French symbol. During the XVIIIth century, the baguette was considered as a privilege of the aristocracy. After the revolution, the bread standardized and the baguette was for everyone. This bread has a golden crust and a white and soft crumb.



• Pain au chocolat

Inspired by the croissant, the pain au chocolat is made of the same pastry. It has a rectangular shape and is enroled around one or two chocolate bars. In South of France it is called Chocolatine.



Brioche

The creation of the brioche pastry goes back to the Middle Ages. It is during the XIXth century that the bakers from the Vendée region changed the recipe and shape of this delicacy. It was the creation of the plaited brioche made of flour, eggs, butter and flavored with orange blossom water or brandy.



• Pain aux raisins

This spiral is made of pastry paste mixed with dried raisins and filled with custard. This bun is also called « brioche aux raisins » in South of France, « couque aux raisins » or « pain russe » in Lyon, « escargot aux raisins » in the South-West and Est, or « schneck » in the German-speaking regions of France.



Bugnes

They were enjoyed in ancient Rome! From the franco-provençal bugni « doughnut », they appeared for the first time in France during the XVIth century. Nowadays, this delicacy is named « Merveilles » in Bordeaux, « Fantaisies » in Dijon, « Oreillettes » in Provence, « Ganse » in Nice...

PÂTISSERIE OF DREAMS



French patisserie is famous worldwide, it is the star of all gourmets! Eaten for dessert or snack, it makes us dream and delight us.



Macaron

It would have been created in the Middle Ages and it is the Queen Catherine de Médicis that brought it to France. It has become the speciality of many French cities and region, this little almond cake, granular and soft, has a round shape. During the XIXth century, two macaroon shells are stick together and filled with a delicious ganache, spices or jam.



Éclair au chocolat

This wonder is the creation of Antonin Carême, the most talented baker of the XIXth century. He had the idea to reinvent a dessert called: les petites duchesses. The baker removed the almonds, stuffed the pastry with custard or jam and covered the dessert with sugar glazing. The success was astonishing France wide.



Cannelé

According to a legend of the XVIIIth century, the nuns from the Annonciades convent in Bordeaux were baking « cannelas » made of flour, rhum and egg yolk. The nuns offered these delicacies to the poor. Soft inside and crispy outside, the cannelé remains a speciality of Bordeaux.



Tartelette aux fraises

Tart is certainly one of the oldest dessert. Each region has its speciality often reflecting the local fruit production. The strawberry tart is one of the greatest classics in patisserie.



Millefeuille

In the XIXth century, it is a baker named Sergent and settled in Paris who created this inevitable dessert. It is made of three layers of pastry puff, two layers of custard and is glazed on the top. Its name, « One thousand leaves » in english, refers to the numerous leaves of pastry in each cake!



Meringue

It is difficult to know the exact origin of the meringue. 3 recipes exist : French, Italian and Swiss. The French meringue is the undisputed star of numerous desserts. It is a fine and light delicacy made of sugar and egg white.

THE CANDY HOUSE



Richer in candies than in cheese, France abounds in more than 600 regional candies. Cocorico! It is the first country worldwide to have as many.



Bêtise of Cambrai • XIXth Hauts-de-France

This candy is the result of a mistake made by a confectioner apprentice in a recipe, « a betise ». The candy is hard, translucent and has a small rectangular cushion shape. It comes in a rainbow of colors. Its original flavor was mint but is available today in many more.



Berlingot of Carpentras • XIVth Provence-Alpes-Côtes-d'Azur

Originally used as a medicine, it has been created for the first time under Pope Clément V, the first Avignon pope. These little pyramids of fruit syrup are white striped and available in a wide range of flavors.



Niniche of La Baule • XXth Pays-de-la-Loire

This lollipop with a childlike name would have been created in Bordeaux but no one agrees on its origin. The candy is soft and chewy, made of butter sugar milk and natural aromas. Traditionally available in vanilla, strawberry and chocolate, it exists today in more than twenty flavors.



Caramel Dupont of Isigny • XXth Normandie

Created by an employee of M. Dupont, owner of a butter trading company and a dairy, it became a star part of the culinary heritage of Normandie. This caramel is made of butter, fresh milk and cream from Normandie, the mixture is slowly cooked in a copper cauldron.



Nougat of Montélimar • XVIIth Auvergne-Rhône-Alpes

Originally from the Far East, it came in the Mediterranean region during the XVIIth century, its name comes from « nogat », meaning almond. This candy is made of almonds, honey, sugar and white egg. It is part of the 13 Christmas desserts in the Provençal tradition.



Calisson of Aix • XVth Provence-Alpes-Côtes-d'Azur

According to the legend, the King's confectioner offered this delicacy for the wedding of the King René with Jeanne de Laval. The Queen having smiled for the first time, a guest would have said « Di calin sou » « it is sweet ». The Calisson is almond shape, made of a paste composed by crystallized watermelon, almonds, orange peel on an unleavened bread glazed on the top. It is part of the 13 Christmas desserts in the Provençal tradition.

REGIONAL DELICACIES



Each one of us has a region that is dear to its heart, it may evoke childhood, holidays with family or friends. One only has to bite into a regional delicacy to dive into sweet memories. Discover the french regional delicacies!



Sugar pie

Hauts-de-France

It is the most famous pie from North of France! made of brown sugar, also called cassonade, it delights children and adults alike.



Kouign-amann

Bretagne

Cake full of breton butter and sugar, the kouign-amann is a culinary speciality from Douarnenez in Bretagne. In breton language, kouign means « sweet bread » and amann « butter ».



Pithiviers

Centre-Val-de-Loire

This delicious cake is composed of puff paste filled with almond cream ; it is from the city of Pithiviers in the Centre-Val-de-Loire region.



Mirabelle pie

Grand-Est

The Lorraine region supplies 70% of the mirabelle worldwide production! It has been introduced in the XVth century by the King René. The mirabelles can be enjoyed from mid-August to end of September, the opportunity to bake delicious pies.



Basque cake

Nouvelle-Aquitaine

The basque cake is a tradition of the basque region! Traditionally filled with black cherries or almond custard.



Fiadone

Corsica

Corsica delicacy with subtle lemon flavors, it is made of brocciu, a staple cheese from the region. The fiadone is mainly eaten during winter time.

