

INFORMATION

The Toques Blanches of Roussillon



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Bibliography

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Loubatières, 'La Cuisine Catalane'
volumes 1 and 2 Published by J. Lanore
'Les Salades de la Méditerranée', 'La
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Websites

www.tourisme-pyreneesorientales.com/en
www.ille-sur-tet.com
www.cuisine-catalane.com/index.htm

The flavours of the south 1

"Giving **Catalan cuisine** the recognition it deserves means that firstly you have to accept that Catalan cuisine is most definitely not about taking just any old meat, poultry or fish, and mixing it with tomato sauce and peppers! The authentic Catalan cuisine that is served at many establishments, some of which are Michelin-starred, is much more colourful and inventive.

It all began in Ancient Times when the Phoenician, Greek and Roman vessels arrives on the shores of Collioure and Port-Vendres, bringing with them rare ingredients and spices, full of Hispanic, Arabic, and Jewish influence, providing a certain intensity, colour, power and subtlety that could not be found in the cuisine from other regions of France, even the south of France.

It has always been centred around only local production (from farming, breeding, fishing or 'gifts' from Mother Nature such as mushrooms or game, etc.), which means it can be considerably different from one side of the Pyrénées-Orientales to the other. We can say that there is not just one, but several types of local cuisine, of the mountains, the plains and the seaside... And even these will also vary depending on the time of the year!

Catalan cuisine can be extremely simple such as a platter of cured meats showing ancient know-how: botifares blanques i negres (Catalan white and black pudding), ham from the mountains, saucisson, followed by grilled pork or lamb costelles (chops) and the unmissable sausage of course. The meat is braised to perfection on Muscat vine shoots and then served with bread and garlic mayonnaise or *pà amb tomàquet* (slightly toasted bread rubbed with garlic and tomato and a drizzle of olive oil).

Catalan cuisine can also be deliciously complex, combining rather original ingredients in the same dish, as if it were a fable, the rabbit and **the snail**, the chicken and the prawn, with an added touch of saffron, green anise, cinnamon, etc.

Some of the great classics that are not-to-be-missed are **ollada**, a delicious winter stew made using animal fat (*sagi*), **boles de picolat** (meatballs served with haricot beans in a sauce with cinnamon and green olives), or fish *bullinada* also known as 'zarzuela' or 'suquet' (a delicate preparation of white fish and shellfish).

All of this is of course washed down with red, white and rosé Côtes du Roussillon wines, to choose from the countless treasures in the cooperative wine cellars or from independent wine merchants.

To serve with cheese and **desserts**, we opt for the wide range of Vins Doux Naturels (Naturally Sweet Wines). Roquefort cheese is perfectly paired with a chilled glass of Muscat de Rivesaltes, or chocolate cake with a glass of Banyuls or Maury. You'll be taken aback by how complementary well these flavours are, and we bet you'll be planning a trip back to the Pyrénées-Orientales before you know it!"
Original text in French by Joël Mettay

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PYRÉNÉES MÉDITERRANÉE EN PAYS CATALAN

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The Toques Blanches of Roussillon



A passion for Catalan cuisine

Since 2003, around forty chefs have come together under the label Toques Blanches of Roussillon, with the shared goal of revitalising the culinary art of the department the furthest south in France: the Pyrénées-Orientales.

They have three main goals:

- ✓ To safeguard, develop and promote the cuisine and culinary know-how of the Pyrénées-Orientales.
- ✓ Promote learning and encourage young people who want to work in the culinary industry.
- ✓ Raise awareness for and promote regional products.

These chefs get all their inspiration from the multi-faceted Catalan terroir. From the shores of the Mediterranean, to the plains and up to the highest peaks of the Pyrenees, their cuisine is full of original contrasts and flavours.

Le Palais Gourmand, a unique gourmet event in France: The Toques Blanches of Roussillon are also behind the creation of a major event in the culinary world that takes place every two years: Le Palais Gourmand. This event is organised at the Palais des Expositions venue in Perpignan and around 2,000 participants - with their glass and plate in hand - can come to taste 39 different dishes featuring the very best products and wines of the terroir.

The 'Tourisme de Terroir' Federation



Are you a fan of fine food, good wines and natural spaces? Are you interested in culture and history and looking for some peace-and-quiet and authenticity? Then Tourisme de Terroir ® is what you need!

A network of professionals

They make up a network of great places to visit, and invite you to come and join them on their estates, in their workshops, restaurants, holiday gites, hotels or cultural venues.

A commitment

At the heart of the Pyrénées-Orientales terroir, the members of the Tourisme de Terroir federation will welcome you, for an enjoyable experience centred around the simple things in life. They will support and guide you to discover the flavours, aromas and authenticity of our production.

They are the ambassadors for the network and are committed to providing top-quality information, welcome and service.

A brand

Tourisme de Terroir ® is a registered trademark that identifies professionals who work to showcase the natural assets of the land, farming production, artisans who are able to keep traditional expertise alive, and restaurant owners who strive to safeguard the Catalan know-how, and new creators.



Where to find them?

At the Tourist Offices, at the member companies or by sending an email to contact@tourismedeterroir.fr

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Vocabulary and Catalan specialities of Roussillon

- ❖ Allioli: crushed garlic mixed with olive oil to form a sauce (aïloli).
- ❖ Ametlles: almonds.
- ❖ Anxoves: anchovies from Collioure.
- ❖ Botifarres: big and small black and white pudding. The big ones are irreverently called '*bisbe*' (bishop) or '*Dios*' for the white ones.
- ❖ Bullinada: preparation of fish and potato with garlic and saffron. Freshwater (eel bullinada) or coastal (fish bullinada) speciality.
- ❖ Bunyetes: very thin crispy fritters, in a circular shape (a speciality from the plain of Roussillon, Vallespir and Conflent for Easter).
- ❖ Bunyols: large sweet doughnuts, sometimes filled with cream, to be enjoyed warm.
- ❖ Cargol: snails, '*cargolada*' grilled snails.
- ❖ *Coques* or fougasse bread, can be savoury, sweet or a mixture of both. Some bakeries are renowned for this sort of flatbread, reviving this French tradition in Catalonia.
- ❖ Coscoll: wild angelica picked from the slopes of the Canigou late spring, a sought-after product used in salads.
- ❖ Cremat: very strong coffee served with rum and flambéed. Speciality from the Vermeille Coast.
- ❖ Escalivada: grilled or roasted vegetables: peppers, aubergines, onions, tomato.
- ❖ Escudella: soup (*Escudella de Pagès*: farmer's soup). Served in a bowl.
- ❖ Freginat: a method of cooking, equivalent to pan-frying.
- ❖ Marinera: using seafood.
- ❖ Mató: fermented milk (originally goat's milk).
- ❖ Ollada: farmer's soup made with cabbage, traditional dish of northern Catalonia, often made with a touch of '*sagi*' (animal fat) from viscera.
- ❖ Pa d'òu: egg pudding
- ❖ Panellets: little round baked almond pastries covered in pine nuts. These sweet treats are served on All Saint's Day (coffee-flavoured, with candied fruit, pistachio or fruit flavoured).
- ❖ Pernil: ham from the mountains, from free-range pigs.
- ❖ Picolat: meatballs (boles de picolat).
- ❖ Porró: a glass pitcher, to drink '*à la regalada*' (directly from the long, narrow spout, without letting the spout touch your lips).
- ❖ Rousquille: delicious, soft sweet treat in the shape of a doughnut covered in icing.
- ❖ Sarsuela: Spanish term now used in Catalonia. A dish made from shellfish, fish and dry white wine.
- ❖ Tortell: aniseed brioche from Villefranche-de-Conflent (prepared in bakeries).
- ❖ Torrons: All sorts of nougat: Tourons of Perpignan are made with hazelnuts, treacle, almonds, pine nuts, candied fruit. Other tourons made with crushed almonds and honey: the *Xixona*, *Massapà* or *Alacant* with whole almonds. They are also made in Perpignan.
- ❖ Ventresca: pork belly, grilled or salted and served with peas, liver, etc.
- ❖ Xocolatada: hot chocolate beverage. Speciality from Palau de Cerdagne.

Sources: '*La Cuisine Catalane*' volume 1 - 7th edition - Eliane Comelade - Published by J. Lanore/Delagrave. Paris 15th arrondissement

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