



TO MARK THE NEW EDITION OF HER CLASSIC FOOD LOVER'S GUIDE TO PARIS, PATRICIA WELLS GIVES WRITER JANE SIGAL THE IDEAL ITINERARIES FOR FOUR FOOD-FILLED DAYS IN THE FRENCH CAPITAL.

PHOTOGRAPHS BY LINE KLEIN

Getting into Frenchie is almost impossible. Frenchie to Go is much more accessible and great for breakfast or lunch.



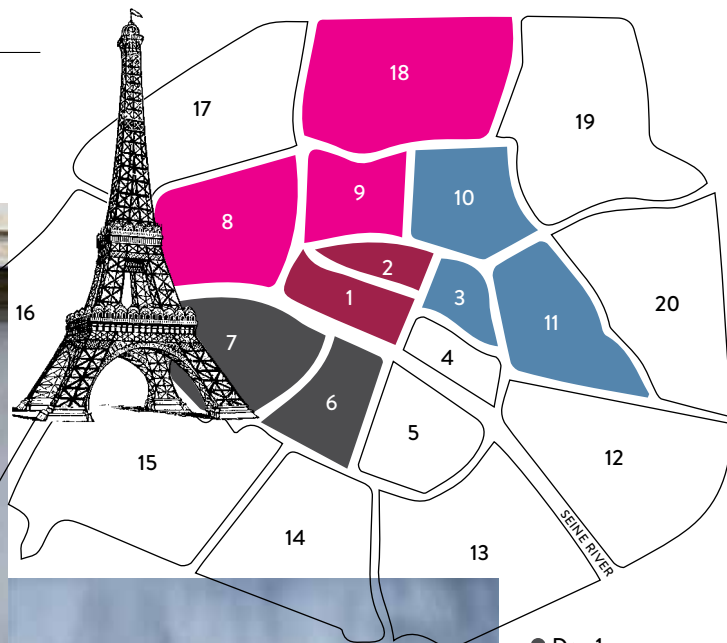
30 best places to eat, drink & shop in paris now

In this preview of her *New Food Lover's Guide to Paris*—the biggest overhaul in the book's 30-year history—Patricia Wells maps out four unforgettable food odysseys.

The enormously influential cooking teacher and journalist picks the city's essential croissant breakfasts, éclair snacks and all-day brasseries and names the new restaurants that are reinventing French cuisine. Plus, she zeroes in on the international influences—Spanish, Italian, Japanese, even American—that are inspiring Paris's edgiest chefs. Her itineraries begin with the classics but also show how the city's creative energy has shifted from the Left Bank to the Right—especially the scruffy outer neighborhoods.

Author and journalist Jane Sigal, *F&W's Paris correspondent*, is writing a cookbook on the new French bistro for Rizzoli.

Wells's new guide, out next month from Workman, has an iPhone app. foodloversparis.com.



FROMAGERIE GRIFFON



Wells marinates goat cheeses from Fromagerie Griffon in a jar with handfuls of fresh herbs and olive oil.

day 1

6TH & 7TH ARRONDISSEMENTS

Many people are drawn to the Left Bank by a nostalgia for its bohemian past, but the area also offers new reasons to visit: an incredible cheese shop, a cream puff boutique and a clean, green park makeover on the Seine.

recipe file

Herb-Marinated Goat Cheese in a Jar

Active **10 min**; Total **3 days**
Makes **8 servings**

Wells's super-herby cheese was inspired by a visit to the new brasserie Lazare, where chef Eric Frechon submerges chèvre from his favorite cheese merchant, Claire Griffon, in thyme-infused olive oil. Wells's version uses six different fresh herbs. Save the pungent oil; it's unbelievably flavorful drizzled over salads, pastas and grilled meats.

1 small bunch each of rosemary, thyme, oregano, basil, dill and mint sprigs

One 11-ounce goat cheese log, cut crosswise into 4 pieces

2½ to 3 cups extra-virgin olive oil

Toasted sliced baguette or sourdough bread, for serving

Spread half of the herbs in an 8-cup canning jar or a bowl at least 3 inches deep. Set the cheese rounds on top and cover with the remaining herbs. Add enough of the olive oil to completely submerge the cheese and herbs. Cover with the lid or plastic wrap and marinate in the refrigerator for at least 3 days and up to 5 days. Remove the cheese from the oil and serve with baguette slices. Strain the herb oil and reserve for other uses.

BREAKFAST

La Pâtisserie des Rêves

Pastry genius Philippe Conticini's hazelnut cream-filled Paris-Brest is arguably Paris's best. But it's his brioche that fascinates Wells. "It looks like it's gone through a little swirl machine," she says. *93 rue du Bac; lapatisserie-desreves.com*.

SHOPPING

La Grande Épicerie

Department store Le Bon Marché's hugely renovated food halls sell 10,000-plus delicacies. New additions include a see-through meat locker where butchers break down whole animals and a 6,000-square-foot wine shop that stocks 3,000 labels. *38 rue de Sèvres; lagrandeepicerie.com*.

Galerie La Cornue

The French range maker's gorgeous new showroom is filled with its giant stoves (Wells owns three, including Julia Child's from the 1960s), plus more affordable gadgets like an elegant rosewood strip with hooks for hanging small kitchen tools. *54 rue de Bourgogne; lacornue.com*.

Fromagerie Griffon

This sleek shop displays cheeses on pedestals under glass cloches. The extra-tangy chèvres are terrific in Wells's recipe for Herb-Marinated Goat Cheese in a Jar. *23 Bis Ave. de la Motte-Picquet; fromagerie-griffon.com*.

LUNCH

Les Berges A sunken highway along the Seine was recently converted into this spiffy park with floating gardens, climbing walls and cabins to reserve-free-for a tête-à-tête. A shipping-container food court sells pork confit sandwiches from Omnivore Rives and other snacks. *Port de Solféрино; lesberges.paris.fr*.

SNACK

La Maison du Chou

The super-fresh cream puffs are filled to order with coffee, chocolate or plain (*fromage blanc*-based) cream. *7 Place de Furstenberg*.

DRINKS

Le Tourette Olivier Mourin puts a French spin on Spanish tapas at this perfectly intact 1920s bistro, where the chalkboard menu lists cava but also Saint-Tropez rosé. *70 rue de Grenelle*.

DINNER

Es Es (German for "id") epitomizes the latest Paris restaurant trends. Chef Takayuki Honjo is young and foreign-born and has trained with Europe's top cooks. Plus, the space is small, with only 18 seats, and minimalist, with an excavated-stone-wall design. Exceptional dish: guinea hen in a spectacular hazelnut cream. *91 rue de Grenelle*.



LUNCH AT LES BERGES



Multiculti Paris: Goust's Spanish chef flavors sea bass with lemongrass (recipe, p. 108); Frenchie to Go serves American-style brownies.

day 2 1ST & 2ND ARRONDISSEMENTS

Downtown Paris always attracts attention for its spectacular museums, like the Louvre and Musée des Arts Décoratifs. Now chefs and baristas are pulling in visitors with excellent food and good cups of espresso.

GOUST

BREAKFAST & SHOPPING

Claus Too many croissant breakfasts? This *épicerie-café* offers eggs—and sells fantastic goods, like Oorain's *gianduja*–maple syrup. 14 rue Jean-Jacques Rousseau; clausparis.com.

SHOPPING

Librairie Gourmande This cookbook emporium fuels the curiosity of restaurant insiders. Where else stocks Carême's 1842 *Le Pâtissier Pittoresque* (\$21)? 92–96 rue Montmartre; librairiegourmande.fr.

LUNCH & SHOPPING

Rue du Nil Gregory Marchand's triple-Frenchie franchise, plus a magnificent butcher and fishmonger, have turned this tiny side street into a food epicenter. Frenchie to Go (No. 9, frenchietogo.com) is the newest addition; don't miss the Reuben sandwich.

SNACK

L'Atelier de l'Éclair Éclairs—minis and extra-long, sweet and salty—are the specialty

at this single-minded shop. 16 rue Bachaumont; latelierdeleclair.fr.

COFFEE

Télescope This tiny café is one of a dozen new caffeine-obsessed spots roasting beans for serious espresso drinks. 5 rue Villedo; telescopecafe.com.

DRINKS

Le Café Marly The terrace at this Fashion Week hangout has a killer view of I.M. Pei's glass pyramid. 93 rue de Rivoli; beaumarly.com.



FRENCHIE TO GO



DINNER

Goust Diners choose the food, and the house picks the wines from the 600-plus-label list. Dishes like Sea Bass with Lemongrass, Peas and Mint (recipe, p. 108) are a reminder that cream and butter make everything taste better. 10 rue Volney; enricobernardo.com.

recipe file

Milk Chocolate, Nut and Raisin Clusters

Total 30 min plus firming
Makes 32 clusters

These crunchy, nutty and chewy mounds from chef entrepreneur Alain Ducasse, have just the right amount of salt.

- ½ cup hazelnuts
- 1¾ cup cornflakes
- ¾ cup *feuilletine* flakes (see Note) or more cornflakes
- ½ cup golden raisins, chopped
- ¼ cup pistachios, chopped
- ½ teaspoon kosher salt
- 1½ ounces milk chocolate, finely chopped (2 cups)
- 1½ ounces white chocolate, finely chopped

1. Preheat the oven to 375°. Toast the hazelnuts in a pie plate for 7 to 8 minutes. Let cool; rub in a kitchen towel to remove the skins, then coarsely chop. In a large bowl, combine them with the cornflakes, *feuilletine*, raisins, pistachios and salt.

2. In a microwave-safe bowl, combine two-thirds of the chopped milk and white chocolates. Microwave at medium-high power in 30-second bursts, stirring in between, until melted, 2 minutes. Stir in the remaining chocolates until smooth.

3. Pour half of the melted chocolate over the hazelnut mixture. Using a rubber spatula, quickly fold in the chocolate until evenly coated. Add the remaining chocolate and fold gently until all of the ingredients are generously coated with chocolate.

4. Scoop heaping tablespoons of the nut mixture onto a parchment-lined baking sheet; shape with a spoon. Let firm up before serving.

NOTE Crunchy *feuilletine* flakes are available at chefshop.com.

day 3 3RD, 10TH & 11TH ARRONDISSEMENTS

The capital's epicenter of young, adventurous and international chefs, bakers and chocolatiers starts in the old aristocratic district of the Marais and extends beyond the gritty-turned-buzzy Canal Saint-Martin in northeastern Paris.

BREAKFAST

134 RDT Besides the flaky croissants, Wells's favorite thing at this *boulangerie-pâtisserie* is the totally seductive spice bread with pastis. 134 rue de Turenne.

LUNCH

Le 6 Paul Bert At this new annex of the iconic Bistrot Paul Bert, Montreal chef Louis-Philippe Riel rejuvenates bistro cooking with innovations like Pork with Buttermilk-Onion Puree (recipe, p. 108). 6 rue Paul Bert.

DESSERT & SHOPPING

Le Chocolat Alain Ducasse Chef legend Alain Ducasse's new

bean-to-bar shop makes sweets like Milk Chocolate, Nut and Raisin Clusters in a glassed-in atelier. 40 rue de la Roquette; lechocolat-alainducasse.com.

DRINKS

Septime La Cave Chef Bertrand Grébaut's wine bar is a great stop for indie wines and super-tasty snacks like whipped ricotta with marinated anchovies. 3 rue Basfroi.

DINNER

Bones "In the '80s the only way to get ahead was to dress your wife in Chanel and go for that

Michelin star," says Wells. Today, bloggers' raves make it possible for thrilling chefs like Australian James Henry to scrape a bit of paint off the walls and start filling the reservations book for his less-is-more, nose-to-tail, locavore prix fixe, including duck hearts. 43 rue Godefroy Cavaignac; bonesparis.com.

DINNER

Come a Casa Wells is a softie for this Tuscan spot with mismatched chairs, where Flavia Federici makes ethereal lasagnas. The flavors—artichoke, spinach, pesto—change constantly. 7 rue Pache.



LE CHOCOLAT ALAIN DUCASSE



Nicolas Berger folds melted milk chocolate into cornflakes, nuts and raisins to create crispy clusters that collapse with each bite.



VIS-À-VIS PARIS



LAZARE



FORGE DE LAGUIOLE



LE BAL



Up-and-coming chefs, designers, pâtisseries, jam makers and bistrotiens are revitalizing the Right Bank's age-old culinary scene.

SÉBASTIEN GAUDARD



LA RALLONGE



LA CHAMBRE AUX CONFITURES



recipe file

Haricots Verts and Artichoke Salad with Hazelnut Vinaigrette

Total 1 hr; Makes 4 servings

In this updated nouvelle cuisine dish, Lazare chef Eric Frechon (also of the Michelin three-star restaurant Epicure in the hotel Le Bristol) omits the foie gras that once shocked the culinary establishment. (No one had ever dared to pair foie gras with vinaigrette before Michel Guérard.)

- 2 large artichokes
- 1 pound haricots verts
- 3 tablespoons hazelnut oil
- 1 tablespoon peanut oil
- 1 tablespoon sherry vinegar
- Kosher salt and freshly ground pepper
- 2 tablespoons finely chopped shallot
- 3 tablespoons chopped, toasted hazelnuts

1. Fill a medium bowl with water. Working with 1 artichoke at a time, snap off the tough outer leaves and trim the stem. Cut off all the remaining leaves. Peel and trim the bottom and stem; add to the water. Repeat with the remaining artichoke.

2. In a medium saucepan of salted boiling water, cook the artichokes over moderate heat until tender, 18 to 20 minutes. Using a slotted spoon, transfer them to a cutting board; let cool slightly. Scoop out the furry chokes with a melon baller or spoon. Cut each into quarters.

3. Prepare a medium bowl of ice water. In the same saucepan, cook the haricots verts for 3 minutes. Drain and transfer to the ice water to cool; drain. Dry on paper towels, then cut in half.

4. In a large bowl, whisk the hazelnut oil, peanut oil, sherry vinegar, salt and pepper. Add the beans, artichokes and shallot; toss. Sprinkle with the hazelnuts and serve.

recipes continued on p. 108



Open all day, the new brasserie Lazare is the place to try impeccable French classics like haricots verts and artichoke salad.

day 4 8TH, 9TH & 18TH ARRONDISSEMENTS

Wells's route from the monumental Place de la Concorde through the twisting streets of Pigalle and Montmartre reveals fantastic new jam makers, pastry chefs and chocolatiers, plus chefs with expanding empires and superb people-watching.

BREAKFAST

Ladurée The original shop in this haute pâtisserie chain offers unparalleled people-watching, like “a tall, thin, very pregnant French woman in her all-leather maternity dress eating an éclair,” says Wells. “Only in Paris.” 16 rue Royale; laduree.com.

SHOPPING

Vis-à-Vis Paris The linens here—all highly refined and hand-embroidered—depict flora and fauna or abstract patterns. 14 rue du Faubourg Saint-Honoré; visavisparis.com.

Forge de Laguiole This shop carries supersharp folding and table knives. 29 rue Boissy d'Anglas; forge-de-laguiole.com.

LUNCH

Lazare Eric Frechon's buzzy new brasserie serves sublime classics like Haricots Verts and Artichoke Salad with Hazelnut Vinaigrette. 15-17 rue Intérieure; lazare-paris.fr.

SHOPPING

Rue des Martyrs Neo-artisans not to miss on this great food street: La Chambre aux Confitures (No. 9, lachambreaux

confitures.com), Sébastien Gaudard (No. 22, sebastien-gaudard.com) and Henri Le Roux (No. 24, chocolatteroux.com).

CULTURE & COFFEE

Le Bal In this photo-arts center, two English expats cook modern British food like Roasted Cauliflower Soup with Cumin (recipe, p. 108). 16 Impasse de la Défense; le-bal.fr.

DINNER

La Rallonge Chef Geoffroy Maillard's wine bar mixes exquisite French and Spanish tapas. 16 rue Eugène Süe; larallonge.fr.



Roasted Cauliflower Soup with Cumin

📖 PAGE 106

Active **25 min**; Total **1 hr**
Makes **4 to 6 servings**

Chefs Anna Trattles and Alice Quillet experiment with a mix of modern English cooking and fresh French produce at their café inside the 1920s dance-hall-turned-photographic-arts center Le Bal. For this deeply satisfying soup, they roast cauliflower with cumin seeds and curry powder to intensify the flavor, then simmer it with onion and water to make an fussy, silky puree.

- 1 medium head of cauliflower (1½ pounds)—halved, cored and cut into 1½-inch florets**
- 1 teaspoon cumin seeds**
- 1 teaspoon curry powder**
- ¼ cup sunflower or grapeseed oil**
- Kosher salt and freshly ground pepper**
- 1 small onion, diced (1 cup)**
- 3 tablespoons unsalted butter**
- 1 bay leaf**
- 4 cups water**
- ¼ cup whole milk**

- 1.** Preheat the oven to 375°. On a large rimmed baking sheet, toss the cauliflower with the cumin seeds, curry powder and 3 tablespoons of the oil. Season with salt and pepper and roast for about 25 minutes, turning occasionally, until the cauliflower is just tender.
- 2.** In a large saucepan, heat the remaining 1 tablespoon of oil. Add the onion and cook over moderate heat, stirring occasionally, until softened but not browned, about 5 minutes. Add the roasted cauliflower, butter, bay leaf and water and bring to a simmer. Cook over moderate heat until the liquid is reduced and the cauliflower is very soft, about 15 minutes. Pick out and discard the bay leaf.
- 3.** In a blender, puree the soup in two batches until very smooth. Return the soup to the saucepan and stir in the milk.

Rewarm it over moderate heat, adding more water for a thinner consistency, if desired. Season the soup with salt and pepper and serve hot.

MAKE AHEAD The soup can be refrigerated for up to 3 days.

Sea Bass with Lemongrass, Peas and Mint

📖 PAGE 104

🕒 Total **45 min**
Makes **4 servings**

Chef José Manuel Miguel of Goust restaurant worked with the top Paris chef Eric Frechon and Basque star Martín Berasategui, but some of his best dishes are extraordinarily simple. For the sauce here, he chops the inner bulb of lemongrass and softens it in butter with shallots and garlic. Then he moistens the mixture with wine, reducing it completely before simmering in fish stock (or a mix of clam broth and water, as below) and a little cream. The result: a light, elegant restaurant dish that's so easy to make.

- ½ cup frozen peas**
- 4 tablespoons unsalted butter**
- 2 small shallots, finely chopped (½ cup)**
- 2 tablespoons chopped lemongrass (from 2 stalks of fresh lemongrass, tender white inner bulbs only)**
- 1 garlic clove, finely chopped**
- 1 cup dry white wine**
- 1 cup clam broth**
- ½ cup water**
- ½ cup heavy cream**
- Salt and freshly ground pepper**
- 2 tablespoons extra-virgin olive oil**
- Four 5-ounce sea bass fillets with skin**
- Thinly sliced mint leaves, for garnish**

- 1.** In a medium saucepan of boiling water, cook the peas for 1 minute. Drain and rinse under cold water. Wipe out the saucepan.
- 2.** In the same saucepan, melt 2 tablespoons of the butter. Add the shallots, lemongrass and garlic and cook over moderate heat, stirring occasionally, until softened but not browned, about 5 minutes. Add the wine and cook over moderately high heat until almost evaporated, about 5 minutes. Add the clam broth and water and cook until reduced to ½ cup, 10 to 12 minutes. Add the cream and cook until slightly thickened, 2 to 3 minutes. Transfer the sauce to a blender and puree until

smooth. Strain the sauce into a small saucepan, pressing hard on the solids, and season with salt and pepper.

3. In a large nonstick skillet, heat the olive oil. Season the fish with salt. Add the fish to the skillet skin side down and cook over moderately high heat until golden, about 3 minutes. Turn the fillets and cook until the fish is just white throughout, 2 to 3 minutes longer.

4. In a small saucepan, melt the remaining 2 tablespoons of butter. Add the peas and warm over low heat; season with salt and pepper. Gently reheat the sauce. Spoon the sauce into plates or shallow bowls. Top with the peas and the fish. Sprinkle with the mint and serve.

MAKE AHEAD The sauce can be refrigerated overnight.

WINE Fragrant Sancerre from France's Loire will amplify the delicate flavors in this dish. Try the 2012 La Forêt des Dames or the 2011 Lucien Crochet.

Roast Pork with Buttermilk-Onion Puree

Active **1 hr 15 min**; Total **2 hr 45 min**
Makes **4 servings**

At Le 6 Paul Bert, the small-plates annex of cult favorite Le Bistrot Paul Bert, Montreal chef Louis-Philippe Riel is a genius at building dishes with contrasting textures, temperatures and flavors. His onion puree is amazing by itself for its mix of tangy and sweet. But Riel doesn't stop there, layering caramelized endives and a tender slice of roast pork shoulder (a well-marbled cut that's usually braised), then showering the plate with a bright raw endive salad.

- 1 stick plus 3 tablespoons unsalted butter**
- ¼ cup extra-virgin olive oil**
- One 2-pound pork shoulder roast, tied**
- Salt and freshly ground pepper**
- 3 thyme sprigs**
- 3 garlic cloves, unpeeled**
- 2 sweet onions (1½ pounds), chopped**
- 1 cup buttermilk**
- 7 small endives—6 halved lengthwise, 1 thinly sliced crosswise**
- ¼ cup pitted and halved kalamata olives**
- 1 tablespoon freshly squeezed lemon juice**

continued on p. 110

ROAST PORK *continued*

1. Preheat the oven to 400°. In a large ovenproof skillet, melt 1 tablespoon of the butter in 1 tablespoon of the olive oil. Season the pork roast all over with salt and pepper. Add the pork, thyme sprigs and garlic cloves to the skillet. Cook over moderate heat, turning occasionally, until the pork is browned on all sides, about 10 minutes. Transfer the skillet to the oven and roast the pork for about 1 hour, turning the meat and basting it with the pan juices every 15 minutes, until an instant-read thermometer inserted in the thickest part of the meat registers 165°. Transfer the pork to a rack set over a baking sheet and let rest for 30 minutes.

2. Meanwhile, in a large saucepan, melt 2 tablespoons of the butter in 1 tablespoon of the olive oil. Add the onions and cook over moderately low heat, stirring occasionally, until they are very soft but not browned, about 30 minutes. Add the buttermilk, bring to a simmer and cook, stirring occasionally, until the liquid is reduced and the onions are very tender, about 20 minutes. Transfer the onion-buttermilk mixture to a blender and add 4 tablespoons of the butter. Puree the mixture until very smooth and season with salt and pepper.

3. In a large skillet, melt 2 tablespoons of the butter. Arrange 6 of the endive halves cut side down in the skillet and season with salt and pepper. Cook over moderately high heat, turning, until nicely browned on both sides and crisp-tender, about 5 minutes. Repeat with the remaining 2 tablespoons of butter and endive halves.

4. In a medium bowl, combine the sliced raw endive with the halved olives, lemon juice and the remaining 2 tablespoons of olive oil and season with salt and pepper. Toss the endive to coat with the dressing.

5. Transfer the pork roast to a cutting board. Remove the strings and discard. Cut the meat crosswise into 4 thick slices. Spread the onion puree on plates. Arrange the endive halves on the puree and set a slice of pork on top. Scatter the endive salad over all and serve.

MAKE AHEAD The onion puree can be refrigerated for up to 2 days.

WINE Fruity, medium-bodied red wines, like Côtes du Rhône, are a good pick for meat dishes that incorporate raw vegetables. Pour the 2010 Féraud-Brunel or the 2011 J.L. Chave Mon Coeur. ●