A region prized for its gastronomy

When in Angers, dip into the pleasures of French gastronomy

You can't explore Angers and the surrounding area without tasting **regional products and local specialties**: *Quernon d'ardoise* (a subtle blend of blue chocolate and *nougatine*), *crémet d'Anjou* (dessert made of whipped cream and fresh cheese), *pâté aux prunes* (plum pie), pike perch with *beurre blanc* sauce and an elegant Anjou white wine... you will love it!

Buy fresh, buy local in Angers

Going to a farmers' market is a great way to become acquainted with **local gastronomy**. Enjoy the colours, smells and scents, listen to the local farmers speak passionately about their produce, **and buy your own selection of fresh products**.

Where are the nearby farmers' markets?

• *Grand marché* in the town centre: **Saturday**8:00 - 13:30 | Place Leclerc, Place Mendès-France and Place Imbach.
• *Marché Lafayette*: **Wednesday**and **Saturday**8:00 - 13:30 | Place Lafayette
• Organic market: **Saturday**8:00 - 13:30 | Place Molière
• Marché des Justices: **Tuesday**, 8:00 - 13:30 | Rue Villesicard

A taste of daily life in Angers

Not only do CIDEF international students like French gastronomy, they love it!



"We have tasted delectable wines and cheeses and learnt a lot about what's palatable to the French! The "*Atelier gourmand*" was one of my favourite activities. We cooked shrimps flambéed with Cointreau and *macarons*. It was just delicious!
Arantxa, a CIDEF student

Do you know the *fouée*?

A flat bun that swells when baked and can be stuffed with goat cheese, *rillettes*or *rillauds* (both are preparations of pork meat).
If you'd like to try it, take part in in the *Anjou Troglodytique* day trip!

YOU REALLY MUST TASTE THESE PRODUCTS:

Les fouaces (oven-baked buns)
Le Cointreau (Cointreau liqueur)
Les vins du Val de Loire (The Loire Valley wines)
Autres spécialités angevines (Other local specialties)

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