

travel

Eat Paris

Indulge yourself in France's foodiest city

Dine out

Where to start? Paris is chock-full of fabulous restaurants, dishing up everything from simple bistro grub to Michelin-starred magnificence.

For something unique, head to Pascade in the Opera district. This unpretentious place serves only yummy pascades, a cross between a pancake and a Yorkshire pud and filled with all sorts of savoury or sweet fillings. They change each week.

| Prices From about £6 for one pascade.
Info pascade-alexandre-bourdas.com.



Eat at home

The best way to get under the skin of a place is to mingle with the locals.

Voulez Vous Diner offers you the chance to enjoy dinner in someone's home. Meals range from simple to fancy, the host sets the price, cooks and washes up, and you sit down to eat with them.

If you do it at the start of your trip you'll pick up tips about where to go, what to do and, of course, where to eat.

| Info www.voulezvousdiner.com.



Your holiday

Hotel Relais Monceau is a good choice for a weekend break. This four-star establishment is in a central location, handy for the Metro, and has clean rooms and pleasant public areas. A double room starts from around £100 a night.

Eurostar offers return fares from London St Pancras International to Paris Gare du Nord from £69, with connecting fares from over 300 UK stations. The fastest London-Paris journey time is two hours 15 minutes.

| Info www.relais-monceau.com; www.eurostar.com.





Picnic

Put together a picnic to enjoy in one of the city's parks.

You'll find the best ingredients along Rue Mouffetard, on

the edge of the Latin Quarter. This old, atmospheric street bustles at the weekend. Come here to snap up amazing breads, cheeses, fruits, meat and fish.

If you're after instant gratification there are plenty of cafés and restaurants too. Pop into nearby Carl Marletti for exquisite pastries that look too good to eat and unusual jams and spreads – think mango and white chocolate, fig and violet, and blackcurrant and cream.

For a more in-depth tour, book a guide. Local foodie Muguet Becharet can give you her insider knowledge with plenty of tastings along the way.

IPrices Tour prices vary. A half-day tour for four people costs about £160 plus £17 per person for samples – and you won't go hungry! **Info** www.parissweetparis.com.

Learn to cook

Chef Olivier Berté runs fun, relaxed workshops – a great way to take a little bit of Paris home with you.

Learn to whip up everything from classic French savoury dishes to daring 'molecular' cuisine or sweet treats such as choux pastries and macaroons.

Classes for both adults and children are available.

IPrices A three-hour course costs about £84 per person. **Info** www.coullissesduchef.com.



Sip wonderful wines

You don't need to go to a vineyard to have a wine tasting session. Take a trip to the family-owned De Vinis Illustribus where you can glug fine wines in the atmospheric cellar or organise a romantic lunch a deux with a selection of wines accompanied by gourmet meats, cheeses and pastries.

IPrices Lunch for two is about £88 per person including four wines and a tour of the cellar. A tasting for four to 25 people with bread and cheese and two to three wines costs about £42 per person. **Info** www.devinis.fr.



Nibble chocolate

Some of the finest chocolate in the world is sold in Paris. Spend a dreamy afternoon being guided around the best chocolate shops and tasting the samples on offer – it would be rude to refuse! Expect surprise flavours, such as yoghurt and raspberry or mandarin orange with olive oil and cucumber, alongside the usual favourites.

Chomp your way around names such as Pierre Hermé, which also sells world-famous macaroons, Foucher, Pierre Marcoloni, Michel Cluizel and Angelina – which also serves a scrummy hot chocolate to drink in or take away.

IPrices A two-hour chocolate tour costs about £50 per person, based on a minimum of two people. **Info** www.meetingthefrench.com.



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