

AUTHENTIC FLAVORS OF PARIS, OCT 6-11, 2017						
	Friday, Oct 6	Saturday, Oct 7	Sunday, Oct 8	Monday, Oct 9	Tuesday, Oct 10	Wednesday, Oct 11
9 - 12	Arrive Paris, and check into a boutique hotel in a central, yet lesser-known quartier. Your charming home-away-from-home has historic roots, a modern feel, and easy access to all you want to see, do and eat in Paris.	Markets come alive on the weekends, and we'll explore two very different markets: upscale Batignolles and ethnically diverse Barbès. We'll meet vendors, compare wares, and use all of our senses as we shop for ingredients that we'll turn into a fresh, market-based lunch.	The working-class Marché Aligre is full of hidden treasures. We'll guide you to the best shops in the covered market, help you bargain at the flea market, and show you how to make a cake called a Merveilleux — followed by time to explore on your own.	We'll settle into a neighborhood café for excellent coffee, great people-watching, and a chance to learn more about the world of food writing from our resident culinary journalist and cookbook author, Marialisa Calta.	Optional guided visit to Rungis. This wholesale food market on the outskirts of Paris is an integral part of France's food heritage, and the source of the city's prized produce, meat and fish. The adventure begins at 4am, and it may not be suitable for vegetarians. Additional cost.	Continue to indulge your love of French food as you would like. We'll be happy to help you craft an itinerary for additional days in Paris. Or perhaps you'd like to spend a few days with a chef and a sommelier at their gastronomic B&B in southwestern France? We can recommend a fabulous place...
12 - 1:30	Enjoy lunch on your own — perhaps a traditional croque monsieur, steaming Indian tagine, or a neighborhood bistro specializing in French wines. We'll recommend our favorite places in the neighborhood.	We'll return with our purchases to a recently renovated apartment kitchen. With Marialisa's guidance, we'll create a seasonal déjeuner, complete with wine and lots of food talk.	We'll take a closer look at the Paris Locavore movement, and talk terroir over lunch at a nearby bistro that exemplifies the trend.	Lunch at Caves Legrand, a family-owned restaurant/wine cave, where we'll indulge in small plates of local foods and lesser known wines.	Our final group lunch is in a convivial bistro setting, under the watchful eye of one of the city's top chefs.	
1:30 - 4	3PM — Introductions and tea in a 19th century apartment on the celebrated market street, rue de Martyrs. We'll sample pastries by acclaimed chef Sebastian Gaudard, fill you in on the evolution of this up-and-coming quartier, and talk about how to get the most from our time together.	We'll craft an afternoon based on the interests of the group members — perhaps a chocolate tasting, a trip to a knife store, or a supermarket foray, in search of great packaging and packable gourmet gifts.	Spend the afternoon as you'd like: viewing art, strolling along the Seine, getting to know one of the city's sights or neighborhoods in more depth. We'll recommend activities that match your interests, provide addresses, and help you get there.	Next, a shopping expedition for those who love to cook: we'll visit 2 nearby restaurant supply stores and a large culinary bookstore. Mais oui — there are English books among the astonishing array of titles.	Is there a special cheese you'd like to try? A salt you'd like to take home? A pastry you've had your eye on? You have one more chance to shop for gourmet gifts, and savor the city's flavors and aromas. We'll help you find a new item, or return to a favorite spot.	
4 - 8	Then a guided tour of the neighborhood, followed by an early dinner at Buvette. Our neighborhood gastrothèque was voted "Best Paris Bistro" by Bon Appétit. We'll go behind the scenes with Buvette's owner, and learn more about the thrill and challenges of running a successful Paris restaurant.	Time to catch up on your food journal — noting new food combinations, presentation ideas, and recipes will bring back the details of your days in Paris once you're home.	Relax before dinner.	Spend time at your own pace — continue shopping, explore a new neighborhood, or sip wine with the locals at Buvette. We'll help you as needed, bien sûr.	Relax and prepare for a final night out.	
8 - 10	Early to bed to shake off jet lag.	Dinner as you'd like. We'll help you choose, reserve, and get there.	Dinner is open to eat what you'd like, where you'd like, at your own pace. We'll provide an extensive list of Paris restaurants and reserve for you.	Dinner as you would like.	We'll celebrate our week with a wine tasting and cooking demonstration/dinner, in the company of a young French chef. Bring your questions and your appetite!	