



French Bistros

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Bistro

- *Word first recorded in French in 1884 as Bistro and as Bistrot in 1892*
- *Bistouille or Bistrouille a term from northern France meaning a mixture of coffee and brandy, a cheap grade of brandy, or any drink of poor quality*
- *Bistraud, from the Poitou dialect whose meaning range from a minor servant to young coward or little shepard*

Classic Bistro



- *Intimate and inexpensive restaurant with small tables next to a street or beach*
- *Family owned*
- *Atmosphere is familiar and light-hearted*

Bistro Cuisine

- *Fresh regional cuisine*
- *Each region has distinctive tastes*
- *Produce, climate and traditional way of life of each region influences the dishes*
- *Cheese and wine featured in regions is very regional, even more so than the food*

Nord Pas de Calais &

Picardy

- *Hearty Cuisine in the north*
- *Venison and wild boar from surrounding forests*
- *Flemish Influences found*
- *Dishes such as carbonnade, hochepot, and veau flamande*
- *Northern Cheeses tend to be cows milk, pungent and fruity*
- *Beer reigns over wine in the north*

Hochepot



Provence

- *Known for its use of herbs, olive oil, tomatoes, garlic, onions, artichokes, olives and sweet and hot peppers*
- *Vegetables often baked or fried*
- *Fish and shellfish sardines commonly found on menus*
- *Italian influences with wide use of pasta, especially ravioli and cannelloni, gnocchi, and pistou*
- *Two broad types of wines found in Provence - those of the southern Côtes du Rhône and Provençal wines*
- *All red wines*

Bouillabaisse



Alsace

- *German influences such as choucroute (sauerkraut) and sausages*
- *Much lighter than traditional German cuisine*
- *Backenoffe, oie à l'alsacienne, and flammekueche traditional*
- *Lots of fruit which is used in tarts and also added to meat dishes*
- *With the exception of Pinot Noir wines, Alsatian wines are white*
- *Region is known for Münster cheese*

Flammekueche

