

DESTINATION
ORLÉANS
VAL DE LOIRE



Gastronomic *discoveries*

Treat yourself!





Discover specialities

from Orleans and beyond



01

01 Orleans vinegar and mustard

The famous Loire wines, which were transported by boat, would sometimes turn out to be tainted and undrinkable. Inhabitants of Orleans turned these wines, which were unfit for sale, into a highly appreciated vinegar. Nowadays, the best chefs use Orleans vinegar produced by the Maison Martin-Pouret for its wide flavour palette. Some of the city's ice cream parlours even make vinegar sorbet!

Orleans mustard, produced from a forgotten 1580 recipe, resurfaced in 2002. It is derived from the famous Orleans vinegar and from local seeds.



02 Fishes from the Loire

Fish rillettes, fish soup, smoked fish... Don't miss out on these tasty, original recipes, which are directly derived from Loire fishing!

03 Jargeau Andouille

A speciality which looks like andouillette, the Jargeau Andouille, which received the name from residents of the eponymous municipality, originated in the Middle Ages, even though it only became famous at the end of the 19th century. Chefs from the Toques du Loiret association have it on their menu on a regular basis!

04 Cotignac**

Cotignac is a sweet preparation made of quince jelly which is displayed in a round spruce box, the lid of which is traditionally



02



04



03



05

broken to be used as a spoon. In the Middle Ages, a pastry chef from the village of Cotignac moved to Orleans and continued its production. It was recommended by hygienist doctors in the 17th century and was quickly embraced by the Royal Court's leading figures.

05 Poire d'Olivet***

Olivet pear brandy originated during the Middle Ages: Saint-Mesmin de Micy monks produced the alcohol using pears from the region. Arborists would hang bottles in trees and lock budding pears in them so that they grew inside. Once the fruits arrived at maturity, the bottles were collected and filled with pear alcohol. The fruit would disintegrate inside the bottle for 3 years.

06 AOC-label Orleans and Orleans-Cléry wines***

Just like a number of wine-growing regions in France, the Orleans vineyards suffered from phylloxera in the 19th and early 20th century, and almost disappeared. Today there are 88 hectares of vines in Chardonnay, Pinot Noir, Pinot Meunier and Cabernet, whose quality production received an AOC certification in 2006 (controlled designation of origin).

07 Craft beers***

There are about ten breweries in the Loiret. Between tradition and modern techniques, brewers notably use malts produced by the Soufflet malthouse in Pithiviers, which is over 150 years old.



Did you know?

Orleans and its region have always been a horticultural land and produce numerous fruits and vegetables, including strawberries, asparagus, beetroot, pears, apples and cherries!

08 Teas and coffees

Les Cafés Jeanne d'Arc is one of the oldest local business in Orleans. With 3 shops, a coffee-roasting workshop, a strict selection of high-quality coffees and over 120 teas from all over the world, their savoir-faire has been passed on from father to son for 5 generations.



- * Guided tour/workshop by appointment.
- ** Production of Cognac has now stopped.
- *** Alcohol abuse is dangerous for your health, consume in moderation.

This information and more can also be found on our website at tourisme-orleansmetropole.com



or on our mobile application *Destination Orléans!*



Orleans, a flavorful destination

Le chemin des Gastronomes (gourmet's Route)

Restaurant owners in the Val de Loire know better than anyone how to highlight and refine local products. Asparagus, strawberries, garden vegetables, Loire fish, Loire wines...

During your stay in Orleans, try out the flavours and recipes of the best restaurant owners through a route of gourmet excursions along the Loire!

Recettes et saveurs d'Orléans Métropole (Recipes and flavours from the Orleans Metropolis)

A strong symbol of the Loire gastronomy, this recipe book showcases 19 recipes created by the best chefs in the Orleans and Val de Loire region.



This book, along with local gastronomic products, can be found in our store and online at orleansmetropole-boutique.com!



Markets

In the heart of a region known as “France’s granary”, Orleans holds no less than a dozen producer markets.

Don’t miss the one on the Place de la République, in the historical centre, on Wednesday afternoons, and the one in Place du Martroi, on Friday afternoons. On the banks of the Loire, one hundred stalls or so are installed on the Quai du Roi every Saturday morning and offer the best local products from the Orleans region.

There’s a reason this market was chosen as the “most beautiful market in France”!

Easter chocolates

Numerous renowned chocolate makers can be found in the streets of the Orleans metropolis. Sébastien Papion, master chocolate maker in Orleans, was among the 15 top chocolate makers selected by the newspaper “Le Monde” for the 2022 Easter celebrations.

Other “jewels” are also worth discovering, notably “le P’tit Grain de Chécy”, which is 100% local, and is made of crispy chocolate, with a soft grape juice heart and covered in powdered sugar and potato starch.

Festival de Loire

The Festival de Loire, which is held every 2 years in September, is a chance to discover new flavour pleasures from the Loire!

Automne Gourmand (indulgent Autumn)

With dedicated recipes and menus, tastings, culinary workshops, open-house days, operations and tours at growers and winemakers...

Automne Gourmand is an initiative from Les Toques du Loiret to highlight the territory’s gastronomic riches.



You can view this information and the list of restaurants on our website at:
tourisme-orleansmetropole.com



23 place du Martroi - CS 95632 - 45056 Orléans cedex
+33 (0)2 38 24 05 05 - infos@tourisme-orleans.com
tourisme-orleansmetropole.com • orleansmetropole-boutique.com
Follow us on

