



Presenting:
A
Gastronomic
Tour De France
Step up to the taste of France



For the past twenty-six years, **Marcel's** has been taking the time to introduce its customers to uncommonly good, authentic French food; nothing pretentious, just fine food coupled with fine wines. Now "The Bistro Upstairs" is travelling France in a new way and we invite you to share this experience in the best way possible: gastronomically. Starting the second Tuesday of every month, for two weeks, we will feature authentic dishes, appetizers, main courses and desserts, from a different region of France, each with its own distinctive gastronomic flavour. Of course, specially selected wines to compliment the region and the dish will be available by the glass or by the bottle.

Beaujolais Region

Burgundy can justly claim to be the place where good French eating began. Starting in the 14th century, when Philip the Bold extended his Duchy by marrying Marguerite of Flanders, the Burgundian court at Dijon became a center for all the arts. A century later the reigning duke added a stupendous kitchen to his palace, to better serve his guests. Its ample construction, featuring an octagonal chamber with four stone fireplaces leading to a single chimney, prompted the gastronome Curnonsky to exclaim, "Some have built a hearth in their kitchen, but the dukes of Burgundy, they made a kitchen from their hearth". In Lyon itself the art of eating is taken just as seriously at home as in restaurants. The delicacies provided by the rôtisseurs, incorporated in the city in 1688, and the charcutiers, founded in 1543, are still in great demand. On home ground both the Lyonnais and Burgundians are adventurous about their food. As well as stocking a dozen kinds of sausage of more or less attributable origin, charcuteries sell a huge range of pâtés, terrines and quenelles (a great Lyon favourite) as well as the hams and bacon which flavour so many regional dishes. Fish markets routinely offer baby eels and fresh crayfish, and it is a poor greengrocer who does not display salad greens such as "mâche" (lamb lettuce) and "roquette", with its bitter purple leaves, as well as root artichokes, "cardoons" or "crosnes", curly little roots also known as Chinese artichokes. Cheese shops appear equally versatile, if somewhat dominated by goat cheese, a taste that goes hand in hand with the kid meat sold in many markets.

Roughly half the Gamay vines in France grow in Beaujolais. The Gamay grape left to itself, produce wine that is rather dull. It used to be widely planted on the Côte d'Or until it was banned because of its total inferiority in that area to the Pinot Noir. The Gamay grape and the Beaujolais region have proved such a remarkably successful combination partly because of the soil in Beaujolais, which is granite-based and thus completely different from that of Burgundy proper, and partly because of carbonic maceration, which is a winemaking technique designed to extract all the fruit and all the aroma from the grapes, but virtually none of the tannin. It produces a wine that is immediately appealing, even to people who do not terribly like the taste of other wines, and its clean, fresh taste is such that it slips down easily in large quantities. And it has made possible one of the greatest wine marketing success stories ever, that of Beaujolais Nouveau.

Not all Beaujolais are Nouveau, in spite of the impression that could be gained from the annual late-November hype. In fact, roughly half the annual Beaujolais crop goes into Nouveau. It means some fast work at the wineries: fermentation must not take too long, and the wine must be clarified and stabilized in time to get it bottled, shipped, and into the shops by Nouveau day. This used to be 15 November, as regular as clockwork, but now it has been changed to the third Thursday in November to give everyone a bit longer to get organized. We do hope that this years' Nouveau will be a success once again.

But enough written about the region, we wish you a "Bon Appétit" and, of course,

Santé...

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Welcome to Beaujolais

Tour de France menu chez Marcel's Bistro for the month of November, 2011

LUNCH

Soupe de légumes et haricots blancs au Beaujolais
Vegetable soup with white beans and Beaujolais wine
\$ 7.95

Escargots en terrine tiède servis avec onions confits et jus
Terrine of snail served warm with confit of onion and wine reduction
\$ 8.75

Filet de truite arc-en-ciel poêlé avec échalotes confit au vin blanc
riz pilaf et légumes de saison
Pan seared filet of rainbow trout with a confit of shallots in white wine,
served with rice pilaf and seasonal vegetables
\$ 17.95

Filet mignon de porc rôti au celeri et onions caramélisés,
légumes de saison et purée de pommes de terre au jus de thym corsé
Roasted pork tenderloin with caramelized onion and celery,
served with seasonal vegetables and mashed potatoes with thyme jus
\$ 17.50

Charlotte aux poires caramélisées avec coulis de vin rouge
Vanilla mousse shortcake with caramelized pears and a red wine glaze
\$ 7.75

<p>Prix-fixe Express 2 plats \$22 Appetizer & Main Course or Main Course & Dessert <i>or</i> Three Course Menu \$30</p>

Bon Appétit!

Welcome to Beaujolais

Tour de France menu chez Marcel's Bistro for the month of November, 20110

DINNER

Soupe de légumes et haricots blancs au Beaujolais
Vegetable soup with white beans and Beaujolais wine

\$ 8.50

Salade mélangé à l'œuf poché et aux foies de volaille sautés,
vinaigrette à la noix et vin rouge
Mixed green salad with poached egg and sautéed chicken liver,
toasted walnut and red wine vinaigrette

\$ 9.25

Papillote de cabillaud aux petits légumes, réduction de vin blanc aux échalotes crévés,
pommes de terre vapeur persillées
Papillote of black cod with julienned vegetables in a white wine shallot cream reduction,
served with steamed Yukon gold potatoes with parsley

\$ 21.50

Rôti de veau à la cocotte aux champignons sauvages et onions caramélisés, pomme sauté,
gratin de gourgou et pomme de terre, jus corsé

Roasted veal striploin à la cocotte with wild mushrooms, caramelized onions,
and sautéed apple, served with a gratin of squash and Yukon gold potatoes

\$ 23.50

Charlotte aux poires caramélisées avec coulis de vin rouge
Vanilla mousse shortcake with caramelized pears and a red wine glaze

\$ 7.75

Prix-fixe Express 2 plats \$30
Appetizer & Main Course or Main Course & Dessert

or

Three Course Menu \$35

Bon Appétit!