

Sur la table

CULINARY JOURNEYS



A Taste of Provence & the **French Riviera**

September 29 – October 6, 2024

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Overview

Join Sur La Table for an unforgettable culinary journey focusing on the best that Provence and the French Riviera offers. The program combines exclusive food tours, hands-on cooking classes, access to artisan workshops, and more that will take you under the tablecloth of iconic French cuisine. This Sur La Table Culinary Journey promises an immersive experience, where you'll not only savor incredible regional dishes but also learn about the rich culture and history that underpin the vibrant food scene of Southern France. Bon appétit!

Highlights

- Experience a private, before-hours tour of the Maison Empereur, an iconic heritage hardware store that sells over 60,000 unique wares
- Learn about the influence of immigrant food cultures in the Marseille food scene and compare your culinary experiences across Southern France with a guided food tour of Aix-en-Provence
- Taste the best the sea has to offer in an exclusive, hands-on cooking class celebrating the French classic bouillabaisse and dive into the world of sea-salt production at Salins de Giraud
- Spend time in Biot at a glassblower's workshop to understand their unique approach to this daring and beautiful medium
- Test your new knowledge and skills in a final cooking class at le Potager de Saquier, a local vegetable farm and greenhouse practicing biodynamic agriculture. Here local food writer, Rosa Jackson will lead a hands-on cooking class featuring the flavors of the season

Your Travel Expert & Guide



Chef Meredith Abbott, Sur La Table Travel Ambassador and Culinary Director

A classically trained executive chef and chef educator, Sur La Table Culinary Director, Meredith Abbott, marries her passion for inspiring confidence in the kitchen with her love of discovery and shared learning experiences. Since joining Sur La Table in 2017, she has brought to the table her numerous culinary disciplines to advance the brand globally and create 23,000 annual cooking classes — in-store, online, and via a YouTube instructional series called On The Table. True to the Sur La Table mission, Meredith delights in teaching fundamentals that translate to culinary confidence and empowering home chefs to live their best lives through cooking.

Reserve your spot today! Contact 877-298-9677 or visit us online by clicking [HERE](#)

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Itinerary

Day 1: Arrival in Marseille

- Arrive into Marseille and make your way independently to the hotel
- Spend time at leisure settling in or exploring the Old Port
- Join your fellow travelers for the opening event of the Culinary Reception
- Afterwards, enjoy your first meal together at the Welcome Dinner at a local gastronomic restaurant

Included Meals: Cocktail Reception, Dinner

Accommodations: Hotel La Residence

Day 2: An Intimate Culinary Tour of Marseille

- Start with coffee and refreshments during a private, before-hours visit to Maison Empereur, a hardware store that has become a local institution with over 30,000 unique wares lining their shelves
- You'll be guided around Marseille on a food tour highlighting the various immigrant food cultures for the duration of the morning
- Private lunch with chef and owner at Boite a Sardines, showcasing the fresh fish and seafood staples of a typical Marseillaise meal
- Stop at La Boutique a Glacier to sample locally-made ice cream, plus a revered chocolatier to see (and taste!) what sets French chocolate apart
- Evening and dinner at leisure

Included Meals: Breakfast, Lunch

Accommodations: Hotel La Residence

Day 3: A Taste of Land and Sea, Part I

For Day 3 and Day 5, travelers will be split into two smaller groups to allow everyone to experience an intimate, limited occupancy cooking class

- Join a local chef for a morning tour of the markets, sourcing fresh ingredients for your exclusive small-group cooking class to learn how to make the iconic dish of bouillabaisse (Group A)
- Spend the morning on a panoramic tour of Marseille, with a visit to a soap factory to experience one of the top artisanal products of the city (Group B)
- In the afternoon, you will visit la Fare les Oliviers to sample the vineyard's olive oil and wines to understand first-hand the importance of *terroir* in French cuisine
- Return to Marseille and enjoy dinner at leisure

Included Meals: Breakfast, Lunch (Group A)

Accommodations: Hotel La Residence

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Day 4: How Its Made: Sea Salt and Provençal Textiles

- Depart for the Salins de Giraud to learn the ins and outs of sea-salt production of the French Mediterranean, along with a guest lecturer from a regional rice producer
- After the tour, you will have lunch at a nearby restaurant that showcases Camargue flavors such as Camarguaise salad (salad, egg, tuna, rice, tomatoes, pepper, onion), Camargue red rice, and herbs de Provence
- In the afternoon you will journey up the Rhone to visit *Souleiado Museum*, a hallmark producer of textiles in Provence for an exclusive tour of and insight into their factory
- Return to Marseille and enjoy dinner at leisure

Included Meals: Breakfast, Lunch

Accommodations: Hotel La Residence

Day 5: A Taste of Land and Sea, Part II

- Join a local chef for a morning tour of the markets, sourcing fresh ingredients for your exclusive small-group cooking class to learn how to make the iconic dish of bouillabaisse (Group B)
- Spend the morning on a panoramic tour of Marseille, with a visit to a soap factory to experience one of the top artisanal products of the city (Group A)
- In the afternoon, you will head out to Aix-en-Provence for a guided food tour of the smaller, inland Provençal city
- Return to Marseille for a group dinner at La Mercerie (or similar), an intimate, bustling restaurant known for its use of quality local ingredients and natural wine selection

Included Meals: Breakfast, Lunch (Group B), Dinner

Accommodations: Hotel La Residence





Day 6: Blown Glass in Biot and Peche Melba at the Museum

- Check out of Hotel La Residence and transfer to the Cote d'Azur
- Learn about glassblowing in the heart of the French Riviera and the signature style that distinguishes Biot glassware
- Lunch at a local bistro
- Visit the Musée Escoffier, a culinary museum dedicated to one of the fathers of French gastronomy, Auguste Escoffier, where you'll sample the famed chef's legendary Peche Melba (peaches and raspberry sauce over vanilla ice cream)
- Continue on to Nice and check into Hotel Le Grimaldi
- Dinner at leisure

Included Meals: Breakfast, Lunch

Accommodations: Hotel Le Grimaldi

Day 7: The Final Table

- Spend your final morning and lunch in Nice at leisure
- In the afternoon you will venture to le Potager de Saquier in the hills above Nice to tour an organic farm and select vegetables and herbs to prepare for dinner
- Dinner will be a hands-on cooking class with Rosa Jackson featuring Niçoise specialties, such as puree of courge de Nice, herb-crusted rack of lamb, and Swiss chard and leek gratin. Your meal will be accompanied by rosé selected by the sommelier.
- Close out your final day with a coffee in the greenhouse before returning to the hotel

Included Meals: Breakfast, Dinner

Accommodations: Hotel Le Grimaldi

Day 8: Departure

- Enjoy a final breakfast at the hotel
- Pack up your belongings and check out of the hotel
- Depart for your independent transfer to the airport

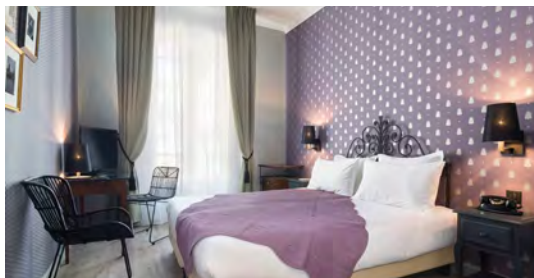
Included Meals: Breakfast



Accommodations

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Hotel Le Grimaldi, Nice

Is a 4-star property full of charm and character that only a boutique hotel can provide. Guestrooms offer standard conveniences such as Wi-Fi and showcase a décor style that melds French chic and Italian playfulness of the Riviera. You are a short walk away from the famous beaches and Promenade des Anglais, and the hotel is convenient to shopping and many excellent restaurants and cafes.



Hotel La Residence du Vieux-Port, Marseille

Is a 4-star property located along the Old Port of Marseille, offering splendid views of the harbor and Notre-Dame de la Garde. Guestrooms have a retro-chic design with splashes of color and a sense of coziness and comfort. Take in the lovely views of the city from your balcony or step out into the heart of Marseille to explore the restaurants, shopping, and cultural sites that await you.

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What's Included

- All accommodations for the duration of the tour
- Meals, as noted in the itinerary
- All sightseeing and visits as noted in the itinerary
- Expertise of Sur La Table host, ATA-hired travel director and local guides
- All gratuities for on-tour guides, drivers, hotel and restaurant staff as part of the group program
- All on-tour transportation, unless otherwise noted
- Quietvox listening devices to facilitate audibility and social distancing on tour
- The assistance of an ATA professional travel team to assist with pre-trip questions, travel arrangements, including flights and extra hotel nights, and other services.
- Comprehensive pre-departure mailings and materials with information about the destination and what to expect on tour, including a suggested reading list
- Emergency evacuation insurance

Pricing

Single Occupancy: \$9,395 pp

Double Occupancy: \$7,995 pp

Deposit: \$1,000

Reserve
Your Spot
877-298-9677

View trip
details
online



FOR FULL TERMS & CONDITIONS [PLEASE CLICK HERE](#)