



06 Alpes-Maritimes is down in the south-east corner of France on the Mediterranean shore, with Italy to the east. This départements includes the Riviera and its hinterland, attracting tourists from throughout the world, with its mosaic of Provençal landscapes and culture.

What makes this départements so beautiful is its craggy coastline with the Alps plunging straight down into the sea. At certain times of the year one can even have the difficult choice of whether to ski or to swim. The slopes and the beaches are merely an hour apart by car. The sun here is legendary, shining 320 days a year.

Nice attracts millions of tourists each year thanks to its history and its cuisine. Niçoise cuisine is above all traditional and the Mediterranean cuisine is reminiscent of the flavours of Provence and the excellence of Italy.

Did you know? That the Cuisine Nissarde appellation can only be found in restaurants that promote Nice cuisine. The “Cuisine Nissarde” label is a guarantee of high quality products but also a guarantee of a warm and familiar welcome.

Socca is a large thin pancake made from chickpea flour, the socca is baked. It tastes better when it is hot!

Pissaladière is a culinary specialty from Nice, it is bread dough with onions, olives and anchovies on it. To be enjoyed as a starter or as an aperitif.

Petits Farcis is small vegetables stuffed with a mixture of meat, this is a real symbol of the region’s cuisine.

Niçoise Salad is one of the most famous dishes of Niçoise cuisine, the typical Niçoise salad consists of lettuce, tomatoes, peppers, red onions, scallions, beans, cucumbers, hard-boiled eggs, tuna, olive oil and olives.

Daube Niçoise is like a “classic” stew and is prepared with porcini mushrooms.

Zucchini Flower Fritters are picked directly from zucchini plants and fried after being rolled up in a donut dough.

Tourte à La Blette. Chard is a main ingredient in Nice cuisine, so it is not rare to find chard meatballs, omelettes and chard pie.

Coca is a sweet flavoured turnover stuffed with ratatouille.

La Poche de Veau is a veal stomach stuffed with pine nuts, peas, rice and vegetables. Locals either love it or hate it.

Nice Olives are black or green, harvested from caillitiers (particular olive trees).

Between Provence and Italy, traditional Nice cuisine can be enjoyed with friends or family.

Zucchini Caviar with Pumpkin

Total time: 30 mins Preparation time: 10 mins, Cooking time: 20 mins, Serves 4

Wine: Rosé from Provence served chilled

Ingredients

4 slices of pork ham,

2 medium zucchini,

1 slice of pumpkin,

3 drops of red tabasco,

1 clove of pink garlic,

1 half organic lemon,

1 gr of powdered cumin,

10 gr of margarine,

8 gr of fine salt,

2 gr of freshly ground black pepper.

Method

Wash the vegetables.

Cut the zucchini and pumpkin cut into pieces.

Cook the zucchini and pumpkin for 20 minutes in half a litre of salted water.

Drain well once cooked.

Add the knob of margarine.

Then, mash them with a spoon.

Add salt and tabasco to your taste

Add the cumin and crushed garlic.

Drizzle with the juice of half a lemon.

Serve cold or hot with a thin slice of raw ham.