

À LA LYONNAISE !

At the occasion of the SIRHA 2019, local chefs from Lyon have decided to go global. The members of the chef organization Bande de Gourmands and the worldwide cities of Délice Network invite you for a unique tasting experience in La Cuisine, on the **ONLY LYON** booth.

7 iconic recipes from 7 great food cities
are revisited live by 7 top chefs.

VISIT THE **ONLYLYON BOOTH**

FROM **26 TO 30 JANUARY 2019**

HALL LUMIÈRE - EUREXPO

To discover all the activities offered by our partners

ONLY**LYON** 



DÉLICE

EVENT **ONLYLYON** - **BANDE DE GOURMANDS** - **DELICE NETWORK**



LYON

THE TASTE OF A GREAT FOOD CITY

FOUNDER OF DÉLICE NETWORK



QUENELLE DE BROCHET

Pike quenelle cooked in the oven, often served with a cream sauce



TARTE À LA PRALINE

A sweet tart with almonds wrapped with cooked sugar and pink food colouring



3882

Restaurants in the metropolis

18

Michelin starred restaurants

WHAT TO TASTE ?



3600 M²

Dedicated to gastronomy soon to open in 2019 :
La Cité Internationale de la Gastronomie



340

Agricultural properties in the metropolitan area of Lyon



Paul Bocuse,
3 Michelin
starred chef
for over

50
years

DID YOU KNOW ?

In 1934,
the famous French
culinary writer Curnonsky
named Lyon the

**International
Capital of
Gastronomy**

WHERE TO GO ?

LES HALLES



220 weekly air markets
in the metropolis & the Halles
Paul Bocuse, the most famous
indoor market of Lyon

ONLY IN... LYON



The traditional cuisine
of Lyon is served in
"Bouchons Lyonnais"
restaurants

FOOD EVENTS

SIRHA Hospitality &
Food Service Event
Biennial | January + 5 days

BOCUSE D'OR
& Coupe du Monde
de la Pâtisserie
January + 4 days

MARCHÉ DES SAVEURS
September + 1 day



Well known for its cultural and especially culinary dynamism, Lyon has been undergoing a real taste transformation in recent years. A new generation of chefs and growers is rising and challenging the codes of modern gastronomy.

Without fuss, direct, and with a clean approach, they are putting the spotlight on the product, and, in their intrinsic desire to share, creating an increasingly open cuisine. They are young, passionate, creative, and talented. With them, it either works or breaks! This is why today, surrounded by growers and other food industry artisans in the Lyon region who share the same philosophy, the “Bande de Gourmands” (founded in 2015) is more assertive than ever to speak with a single voice and introduce as many people as possible to today’s cuisine.

Bande de Gourmands strives to highlight the personalities of those involved in this culinary scene. The collective exists to give a voice to a wide range of talents, without the need for them to be restaurant owners or managers. Currently counting 23 members, all lovers of Cuisine with a big C, the Bande de Gourmands brings a culinary landscape to Lyon that is complementary to the existing tradition.



The international City Network on Food & Gastronomy made in Lyon

In Lyon, gastronomy has always been a very obvious asset. Over the years, local institutions have used the unique ecosystem of chefs, producers & entrepreneurs to develop strong initiatives pushing employment, attractiveness and quality of life in the city.

In 2007, Lyon decided to join forces with similar cities and created this unique international Network. Today, Délíce Network gathers 27 cities over 4 continents who learn, share and connect around food & gastronomy. Because this topic is today essential for all cities around the world, Délíce Network is growing to attract new cities sharing the same values and who also acknowledge the power of food for the development of a city.

THE DNA OF THE NETWORK

Food Culture as part of a city identity

Food Sector as a boost for economic development

Food Scene as a tool for global recognition & attractiveness

Food Policies to enhance urban livability

www.delice-network.com

[#delicenetwork](https://twitter.com/delicenetwork)

MADRID

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK



BOCADILLO DE CALAMARES

Fried squid
in a sandwich



COCIDO MADRILEÑO

A traditional
chickpea-based stew,
with meat and vegetables

WHAT TO TASTE ?



46

Municipal Markets
around the city



3100
Restaurants
in the city

14
Michelin
starred
restaurants



Closing time of the
last taverns & wineries
of the city

DID YOU KNOW ?



"Tapas" means "cover" and
was originally a plate of
finger food placed on
top of a glass of
wine to avoid
fires

WHERE TO GO ?



In La Latina area,
enjoy the many tapas bars
from mid-day to late at night

ONLY IN... MADRID



Caramelos
de Viteloto
are handmade
since 1915 in a
candyshop on Plaza
de Canalejas

FOOD EVENTS

GASTROFESTIVAL

January + 2 weeks

MADRID FUSION

January + 3 days

MADRID TAPAS WEEK

June + 7 days

iMADRID!

www.esmadrid.com

DÉLICE

www.delice-network.com

MADRID

ESPAGNE

MERCREDI

30

11H30

« *El Cocido* »

According to NICOLAS GUILLOTON

Cocido, a culinary symbol of Madrid, is a complete meal in itself: the first course is a noodle soup and the second is stewed meat, bacon, chickpeas and other ingredients that vary depending on individual preference. No visitor may leave Madrid without trying it! It used to be an everyday meal, and as surprising as it may seem today, the aristocracy would eat only the broth and the servants ate the rest. When made at home it is customary to use the left overs the next day to cook another traditional dish, the Ropa Vieja, sautéing them along with some egg.

THE CHEF'S INSPIRATION

Nicolas Guilloton, head of the restaurant L'Atelier des Augustins, is a chef who loves terroir and honest products. With his know-how, experience abroad and love of game, his approach to this Spanish stew will surprise you.

L'Atelier des Augustins: 11 rue des Augustins
69001 Lyon / www.latelierdesaugustins.com

İZMİR

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK



ARTICHOKE IN OLIVE OIL

Artichoke bowls filled with rice, vegetables and herbs



STUFFED MUSSELS

Stuffed and cooked with rice, black current and onion



1492

Invention of the **Boyoz**, a local pastry often eaten at breakfast



32

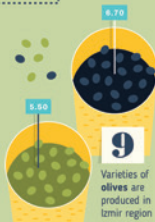
Varieties of fresh wild Aegean herbs are used for cooking

WHAT TO TASTE ?



**10.000
Tons**

Of dried fig are exported each year



DID YOU KNOW ?



The traditional alcoholic beverage **Raki** is also called « Lion's Milk »

WHERE TO GO ?

2774

Restaurants in Izmir

ONLY IN...
İZMİR



Kemeraltı, the traditional bazaar with caravanserais, herbalists and food vendors



The desert **Izmir Lokma** is traditionally served for free on the streets

FOOD EVENTS

URLA ARTICHOKE FESTIVAL
May + 3 days

ALAÇATI HERB FESTIVAL
April + 3 days

**INTERNATIONAL
GASTRONOMIC
TOURISM CONGRESS**
December + 3 days

MARDI

29

11H30

« **Stuffed Artichoke** »

According to **HUBERT VERGOIN**

Artichoke holds a unique place in the Aegean-Mediterranean cuisine and nutrition habits with its flavor and salutary characteristics. Besides consuming artichoke as fresh, it is possible to use it as canned and frozen food. Fleshy and large artichoke species are generally used for canning. 1 sheaf of dill 80 ml olive oil 240 ml water Salt Artichoke is mostly cooked with olive oil in the Aegean cuisine. Stuffed Artichoke with olive oil, which is cooked almost at every kitchen in Izmir especially during spring and summer times, is a well-loved and healthy traditional appetizer from the Aegean Cuisine.

THE CHEF'S **INSPIRATION**

Hubert Vergoin, precursor of Lyon's bistronomy and Bande de Gourmands co-founder, loves vegetables and everything that grows underground. We can expect to enjoy a 100% seasonal dish, covered with an electrifying touch.

Substrat Restaurant: 7 rue Pailleron 69004 Lyon /
www.substrat-restaurant.com

BRUSSELS

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK



MUSSELS & FRENCH FRIES

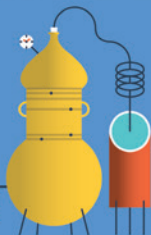
The popular main dish originating from Belgium



WHAT TO TASTE ?

LAMBIC BEER

The only spontaneously fermented beer in the world



1500

Different Belgian beer brands



2000
Restaurants

18

★ ★ ★
Michelin
starred
restaurants



140

Belgian trucks participating to the largest food truck festival in the world

DID YOU KNOW ?



1912

The first chocolate praline was created by Jean Neuhaus in the heart of Brussels



560

Places where to try
Belgian Fries
in the city

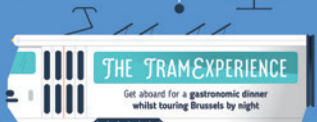
ONLY IN... BRUSSELS



50/50

National cuisine and world
cuisine are equally
important

WHERE TO GO ?



THE TRAM EXPERIENCE

Get aboard for a gastronomic dinner
whilst touring Brussels by night

FOOD EVENTS

BRUSSELS IN THE SKY

June + 5 days

EAT I BRUSSELS,
DRINK I BORDEAUX
September + 4 days

SEAFOOD EXPO
April + 3 days

BRUSSELS

BELGIQUE

LUNDI

28

14H

« *Croquettes de Crevettes* »

According to VIRGINIE ARGOUD

Shrimp croquettes are a very traditional Belgian dish. They require the typical grey shrimps that are usually found in the North Sea along the Belgian seacoast. They are mainly served as a starter with fried parsley and some lemon aside. Any Belgian cuisine restaurant will offer some on its menu, hopefully home-made. If your shrimp croquette starter is good, the rest of your meal is very likely to be perfect.

THE CHEF'S INSPIRATION

Virginie Argoud has been developing a cuisine based on choux pastry for the past 5 years, under the brand name TROP CHOU. Of Belgian origin, it was only logical that she would reinterpret this croquette her way.

TROP CHOU: 3 rue de Sèze 69006 Lyon /
www.trop-chou.fr

TORINO

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK



BAGNA CAUDA

Hot sauce made of garlic, anchovies, olive oil and served with vegetables



VITELLO TONNATO

Silverside beef with a sauce made of eggs, capers and anchovies

WHAT TO TASTE ?



150 million

Bottles produced by Martini&Rossi



of the national chocolate production comes from Torino

DID YOU KNOW ?



WHERE TO GO ?



ONLY IN... TORINO



FOOD EVENTS

TERRA MADRE
SALONE DEL GUSTO
September + 5 days

MERENDA REALE
All year long
+ Every weekend



www.turinotorino.org

DÉLICE

www.delice-network.com

LUNDI

28

11H30

« *Bagna Caoda* »

According to JÉRÉMY GALVAN

Called Bagna Caoda or Bagna Cauda, meaning “hot sauce”, this dish is a typical rural meal of the Piedmont region that has been part of the local cuisine since the 16th century. Served in a “Fufot” made of terra cotta, the sauce is to be maintained very hot with a candle. A service of Bagna Caoda is shared among the family members who dip fresh vegetables in the sauce made of garlic, anchovies and olive oil making it a very convivial and healthy meal.

THE CHEF'S INSPIRATION

Michelin-starred **Jérémy Galvan** is a modern and creative chef. Using his excellent technical skills, and continuously reinventing tradition, he has chosen Italian cuisine for its flavors, the way of transforming its raw products and the hospitality that it represents.

Jérémy Galvan Restaurant: 29 rue du Bœuf
69005 Lyon / www.jeremygalvanrestaurant.com

MÉRIDA

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK



QUESO RELLENO

Stuffed Edamer Cheese
with ground meat,
white and red sauce



PANUCHO

Fried tortilla filled
with beans and topped
with turkey and vegetables

WHAT TO TASTE ?

6,330



Food establishments
around the city



3

most popular drinks are Beer,
Agave de Lima and
Chaya Leaf Margarita



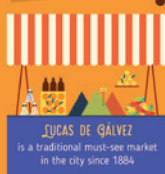
\$150MXC

The average price of
a typical dish is 6.5€

DID YOU KNOW ?



WHERE TO GO ?



LUCAS DE GÁLVEZ

is a traditional must-see market
in the city since 1884

ONLY IN... MÉRIDA



XTABENTÓN

A traditional
alcoholic
beverage only
found in this
part of Mexico

FOOD EVENTS

FESTIVAL DE LA CHICHARRA
November + 1 day

NOCHE BLANCA
GASTRONÓMICA
June + 1 day

MÉRIDA
RESTAURANT WEEK
March & September + 7 days

DIMANCHE

27

14H

« **Queso Relleno** »

According to MORGAN SAUZAY

Mayan, Asian, European, and Arab cultures were mixed in one recipe with four different cooking techniques. The traditional way of eating Edam has been to cut an opening in the top of the cheese and scoop out until it's hollow. In this way the cheese is slowly consumed until nothing but the firm rind remains. Although the true history about the invention of Queso Relleno is a mystery, surely some frugal cook sought a creative way to make use of the rind, filled the hollow with ground meat, and a Yucatecan classic was born.

THE CHEF'S INSPIRATION

Morgan Sauzay, chef at B.L.O, a great meat restaurant in Lyon founded by butcher Frédéric Bello, likes to recreate and give a twist to original recipes. This stuffed cheese inspired him right away, with an extra touch of crispness waiting to be discovered.

B.L.O: 37 rue de la Charité 69002 Lyon /
www.blo-restaurant.com

RIGA

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK

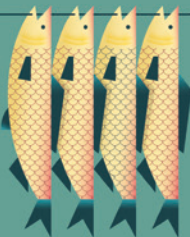


LAYERED BLACK BREAD

Black bread crumbles in layers with
cranberry jam and whipped cream



WHAT TO TASTE ?



SMOKED FISH

Salted fish smoked on elder,
maple or oak wood



1752

Invention
of the Riga
Black Balsam,
featuring
24 natural
ingredients



1960

The
"Vecrīga" cake
was created to
honour the Old Riga



450

Organic local farmers
provide seasonal products
and meat from around Riga

DID YOU KNOW ?



At least once a year,
Rigans go mushroom
and berry picking
in the woods

2000

Restaurants and Cafés
in Riga

WHERE TO GO ?



Riga Central Market is located in historical buildings,
originally designed as Zeppelin airship hangars

ONLY IN...
RIGA

In spring,
people enjoy a
cure of fresh
birch sap,
extracted for
it's nutritive
benefits



FOOD EVENTS

RIGA RESTAURANT WEEK
May / October → 7 days

RIGA FESTIVAL RESTAURANT
August → 1 day

RIGA FOOD FESTIVAL
September → 3 days

DIMANCHE

27

11H30

« **Venison** »According to AURÉLIEN DELEKTA

Venison defines the Haute Cuisine of Latvia, it is an aristocratic dish for lovers of purity and flavor of the forest. It is the hunter's trophy and tsar's pride. From all the wild animals it is the elk that one will find on the menus of the top Latvian restaurants. Within the last 10 years, we've seen some of the young chefs and adventuresome diners turn the venison's future around. It is the fusion of naturally wild and preserved treasures of Riga's nature.

THE CHEF'S INSPIRATION

Aurélien Delekta is an all-round chef; he likes challenges, so this atypical recipe immediately inspired him. Of Polish origin, his Eastern European gourmet culture will delight us.

Food Systèmes: 4 rue du Coteau 69390 Vernaison /



[cookandfoodsystemes](#)

KOBE

THE TASTE OF A GREAT FOOD CITY

MEMBER OF DÉLICE NETWORK

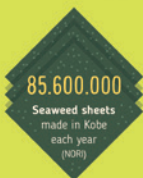


CONFECTIONERIES

Renowned cakes and breads, made by skilled and dedicated artisans



WHAT TO TASTE ?



JKANAGO NO KUGINI

The seasonal spring tradition is sand eel boiled in soy sauce, sugar and ginger



DID YOU KNOW ?



Kobe is considered the **food hub** of Japan, being one of the first cities in Japan to have an established port

WHERE TO GO ?

In the **Nadagogo District**, taste Sake from Japan's most famous breweries



ONLY IN... KOBE



Farms and Fisheries are very close to urban area in Kobe

FOOD EVENTS

HARVEST FESTIVAL
November + 1 day

KOBE FARMER'S MARKET
Every saturday

GASTROPOLIS KOBE DAY
November + 2 days



www.gastropoliskobe.org

DÉLICE

www.delice-network.com

SAMEDI

26

11H30

« *Soba-Meshi* »

According to MARC BOISSIEUX

Soba-Meshi is a simple casual dish of yaki-soba noodles, rice, vegetables and pork meat, stir-fried together. It is said it was devised in Kobe City more than 50 years ago. Soba-Meshi became famous nationwide in 1995 as Kobe's local food, when it was served to cheer up victims of the Great Hanshin Awaji Earthquake. Citizens of Kobe still have a fondness for it. Since then, Soba-Meshi has become popular around Japan, having often been introduced (and highly evaluated) at many gourmet events. Made from simple ingredients (wheat, water, and baking soda), yaki-soba noodles are made specifically for pan or griddle-frying, and can be found packaged at many Asian grocery stores.

THE CHEF'S INSPIRATION

A former nurse, **Marc Boissieux** became a chef after winning a cooking competition with a tataki "à la Lyonnaise" as his signature dish. A Japanese theme was therefore an obvious choice.

L'Inattendu: 95 rue Bossuet 69006 Lyon /
www.linattendulyon.fr