

# Culinary pairings with the 3 flavour groupings

## subtle taste

Chef's suggestions of the day

Starter :  
raw salad  
(or salad leaves or beetroot salad)

Main :  
trout with almonds  
(or Provençal-style squid)  
courgette risotto

Dessert:  
fresh fruit salad



Dishes with delicate flavours



## intense taste

Chef's suggestions of the day

Starter :  
steamed potato salad

Main :  
beefsteak (or red meat),  
broccoli, Provençal tomatoes

Dessert:  
strawberry tart (or other  
red fruits)



Dishes with intense flavours

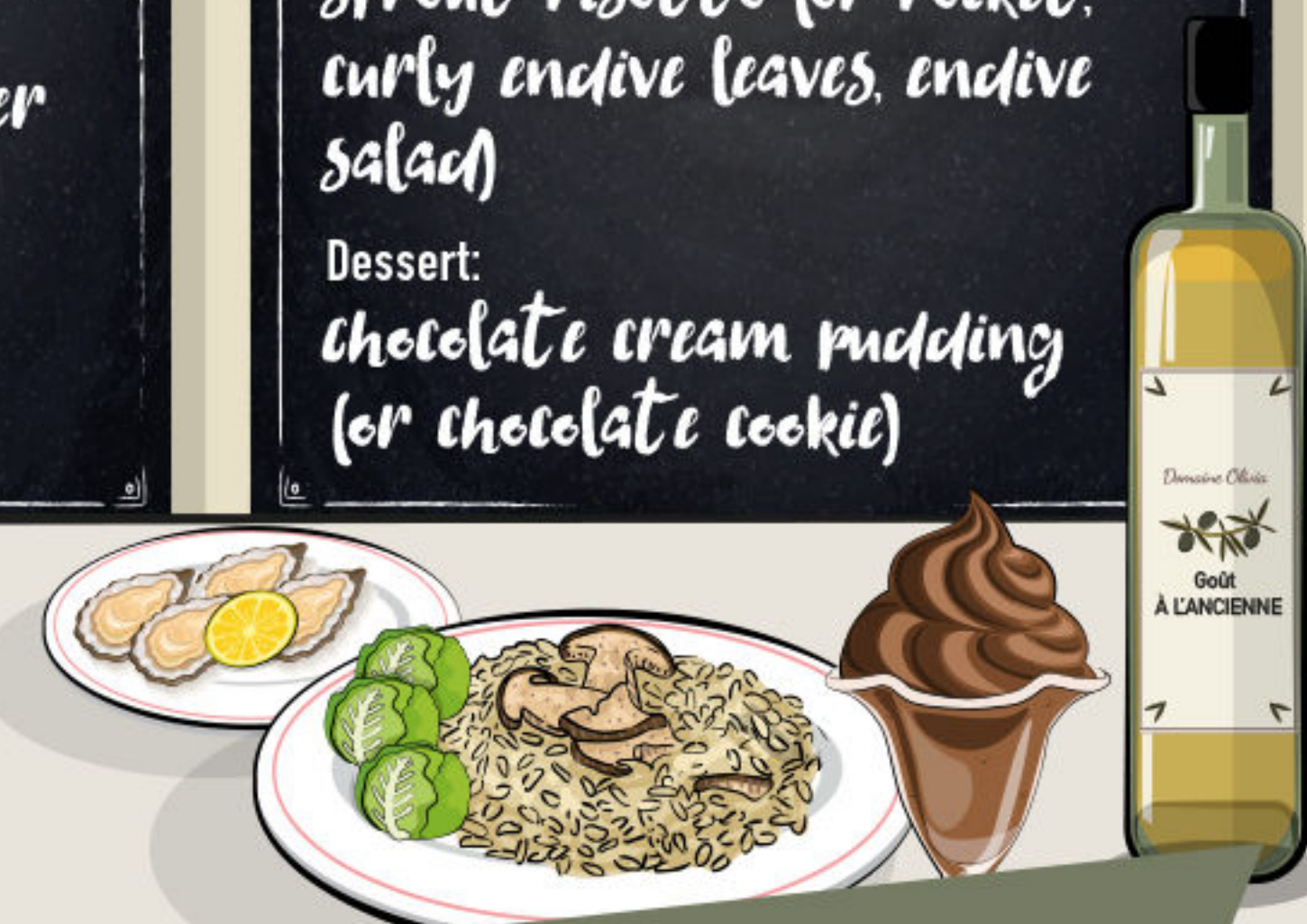
## traditional flavour

Chef's suggestions of the day

Starter :  
oyster cocktail (on seafood  
or shellfish platter  
according to availability)

Main :  
mushroom and brussels  
sprout risotto (or rocket,  
curly endive leaves, endive  
salad)

Dessert:  
chocolate cream pudding  
(or chocolate cookie)



Dishes with strong flavours



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