

# A Tour de France in Your Glass

Arnica Rowan

VANCOUVER  
INTERNATIONAL  
WINE FESTIVAL   
March 7-14, 2026



Celebrating French wine in Canada



MAISON  
**FOSSIER**

Charles Heidsieck

MAISON  
**FOSSIER**

# Moorish Vacherin

*Chef Georgiana Viou, Rouge Restaurant, Nîmes*

## Sweet Pairing: Champagne Taittinger Prestige Rosé

### Ingredients

- 1 large fennel
- 300g caster sugar
- 2 eggs
- 500g whipping cream
- 500g semi-skim milk
- 4cl pastis
- 40cl orgeat syrup
- fennel seeds
- 1 lime
- 8 juicy lemons

### To plate the dessert:

Layer candied fennel on plate  
top with Italian and lemon sorbet,  
top with white sauce to lime fennel Italian.

### Italian Meringue

- Add 50g of sugar and cook with 250g caster sugar for 1 hour over low heat,
- Place candied fennel in a sieve, discard liquid, and add 1 tbsp orgeat, 2 tbsp pastis, and a pinch of fleur de sel, once cooled.

### Mousse / Chantilly Cream

- Beat 200g of whipping cream with 80g of orgeat syrup and 40g of pastis, refrigerate.
- Sorbet: Combine 160g lemon juice zest of 2 juicy lemons & 50cl water, freeze 250g sugar, freeze for 2 hours, cut into pieces to give a lemon sorbet.

### Sorbet

- Combine 160g lemon juice, zest of 2 juicy lemons & 50cl water, mix freeze 250g sugar,
- After 2 hours, whip 1 egg white, and fold into lemon sorbet, freeze 2 more hours.

### To plate the dessert:

Layer candied fennel on plate,  
top with orgeat/Pastis Chantilly  
& lemon sorbet, top with a  
piece of fennel Italian, marmalade  
orange.



LAROCHÉ

LES DAUPHINOIS  
VINS DE CHALLANS  
1889

CHAMPAGNE  
EXTRA DRY  
MILLESIMÉ 2012

CHAMPAGNE  
EXTRA DRY  
MILLESIMÉ 2012

CHAMPAGNE  
EXTRA DRY  
MILLESIMÉ 2012

A decorative border surrounds the text. At the top, a thick, braided rope arches over the page, tied with red ribbons at the ends. On the left and right sides, vertical grapevines with clusters of purple and green grapes and yellowing leaves run down the page. The background is a light, textured grey-blue.

# Gougères

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Recipe from *Mon Petit Four*  
monpetitfour.com

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*Wine Pairing:*  
Domaine Laroche  
Premier Cru Les Vaudevey

[Link](#) to Recipe



MAISON FONDÉE  
1850  
2022

**PINOT NOIR**  
BOYED-GOIN

LEON PINOT  
MAISON FONDÉE  
1850



# Lamb Chops with Creamy White Beans

*Recipe from Thibault Marquis*

**Wine Pairing:** Louis Jadot – Bourgogne Pinot Noir

## Prepare the Lamb

- Pat lamb chops dry and season generously with salt and pepper.
- Heat olive oil in a large skillet over medium-high heat.
- Sear chops 3–4 minutes per side (for medium-rare), until nicely browned.
- Reduce heat to medium. Add butter, garlic, and rosemary.
- Spoon the garlic-herb butter over the chops for 1–2 minutes.
- Finish with fresh parsley and a small splash of lemon juice.
- Remove from pan and rest 5 minutes.

## Make the Creamy White Beans

- In a saucepan, heat olive oil over medium heat.
- Add shallot and carrot, cook gently until soft (about 5 minutes).
- Add garlic and thyme; cook 30 seconds.
- Stir in beans, broth, rosemary, salt, pepper and red pepper flakes (if using).
- Simmer 8–10 minutes.
- Lightly mash some of the beans with a spoon for creaminess
- Stir in heavy cream and simmer 2–3 more minutes until thick and silky, and a tiny squeeze of lemon for brightness.



Champion  
du Monde  
de Pâte-Croûte

M. CHAPOUTIER  
Chante-Allouette  
2018

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# Pâté en Crouûte

Recipe by *SAVEUR* Editors  
From *Saveur Magazine*

[saveur.com](http://saveur.com)

*Wine Pairing:*

**Louis Jadot Bourgogne Pinot Noir**

[Link](#) to Recipe



GASSIER  
Viognier  
2018

GASSIER  
GASSIER

# Brandade de Morue

(Salt Cod Purée)

Recipe from *Elisabeth Luard*

from *Classic French Cooking: Recipes for Mastering the French Kitchen*

## Ingredients (Serves 6–8)

- 1 lb salt cod, pre-soaked
- 1 onion, cut into chunks
- 2 bay leaves
- 2–3 fennel tops or 1 teaspoon fennel seeds
- 1 teaspoon white peppercorns
- 1 cup extra-virgin olive oil, warmed to finger heat
- 2–3 tablespoons cream, warmed
- 1 potato, boiled, mashed and still warm (optional, helps the emulsion)
- 2–3 garlic cloves, crushed

## To Serve

Melba toast (fine slices of dry bread toasted in the oven until crisp)

## Preparation


### Prepare the Fish

- Cut the salt cod into 3–4 chunks and place them in a pan with the onion, bay leaves, fennel tops or fennel seeds, and peppercorns.
- Cover with water and bring gently to the boil.
- Remove the pan from the heat as soon as the water gives a gentle boil and pour in a glassful of cold water.
- Leave to stand for about 5 minutes. Drain, skin, and flake the fish, discarding any bones.

### Serve

- Pile the mixture into a bowl and top with a single black olive.
- Serve at room temperature with melba toast.





# Socca from Nice with Crushed Avocado, Roasted Carrots

Wine Pairing: *Château Gassier – Le Pas De Moine Rosé*

## Prepare the Socca

- ½ cup chickpea flour [135 g]
- ½ cup water [120 ml]
- 1 small sprig of rosemary, finely chopped
- 1 tsp lemon zest
- ½ tsp ground cumin
- salt and pepper
- olive oil for cooking

## Prepare the Socca

- ½ cup chickpea flour [135 g]
- ½ cup water [120 ml]

## Make the Avocado & Carrots

- Preheat oven to 400°F (200°C).
- Toss carrots with 2 tbsp olive oil, salt, pepper, and a pinch of cinnamon.
- Roast on a baking sheet for 35–40 minutes until tender and caramelized.
- Scoop avocado flesh into a bowl, add lemon juice, extra virgin olive oil, salt, and pepper.
- Mash with a fork to make a chunky avocado mixture.
- Spoon over the socca.
- Top avocado mix with roasted carrots and drizzle with olive oil.

## Wine Pairing:

*Château Gassier – Le Pas De Moine Rosé*





# Eggplant Lasagna

Recipe from *The Mediterranean Dish*  
themediterraneandish.com

*Wine Pairing:*

Clos de L'Oratoire des Papes  
Châteauneuf-du-Pape Rouge

[Link](#) to Recipe



CUVEE  
**101**  
LES VINS IRRÉELS  
CÉMENT & HÉRÈS  
DÉCEMBRE 2012 100% VITICULTURE  
CHAMPAGNE IRL 20121

# Magrets de Canard Poêlés

(Seared Duck Breasts)

Recipe from *Elisabeth Luard*

from *Classic French Cooking: Recipes for Mastering the French Kitchen*

## Ingredients (Serves 2)

- 2 duck breasts, boned
- Salt and freshly milled pepper

## Serving Suggestions ~

- Serve with pommes de terre sarladaises or buttered new potaes.
- Deglaze the pan with a splash of Armagnac or red wine, stir in cream, then finish with a knob of cold butter.
- Optional: garnish with slivers of black truffle if desired.

## Preparation

- 1 Lightly score the duck skin without cutting through to the flesh. Season both sides with salt and pepper.
- 2 Heat a heavy skillet over medium-high heat. Place duck breasts skin side down and cook for 3–4 minutes, until the skin has turned golden.
- 3 Turn the breasts and sear the other side for 2–3 minutes. Remove from heat and leave for 5 minutes before slicing.
- 4 Duck breast should be pink and juicy. Slice on the diagonal to serve.

## Wine Pairing:

**Gérard Bertrand**

**Cuvée 101 Les Arbousiers Corbières**



DOMAINE  
DE LA  
LUNCH-BAGES  
VILLAGE DE LA  
VALLEE DE LA  
SAISON  
ANCIENNE  
DE LA VALLEE

# Lièvre à la Royale

Wine Pairing: *Château Lynch-Bages, Pauillac*

## Ingredients (serves 4–6)

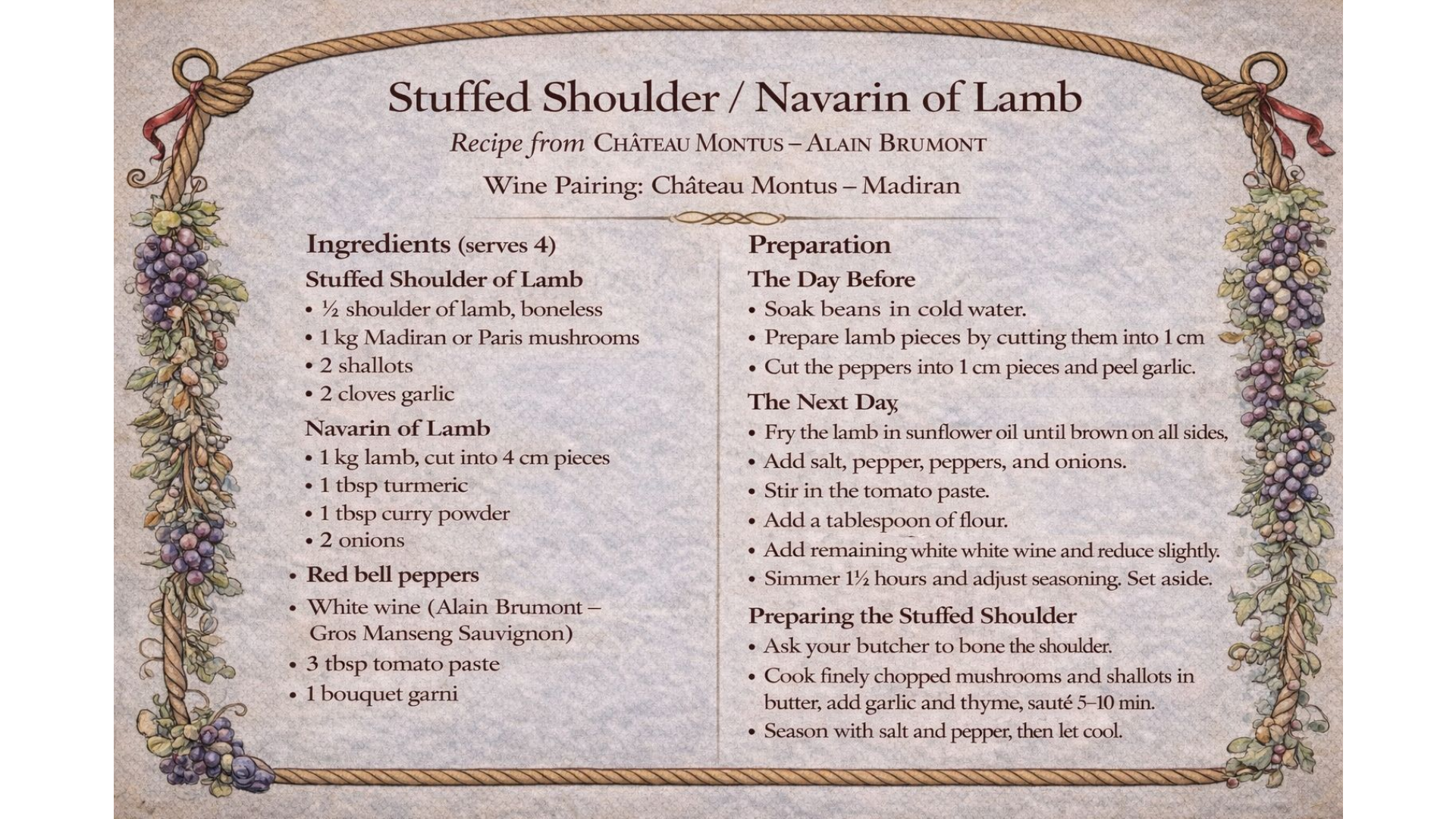
- 1 hare (about 2–3 kg), cut into pieces
- 1 bottle Médoc red wine
- 2 carrots
- 2 shallots
- 1 garlic clove
- 1 bouquet garni (thyme and bay leaf)
- 100 g bacon or pork fat
- 80 g foie gras (optional but traditional)
- 1 tbsp butter
- salt and pepper

## Preparation

- 1. Marinate:** Place the hare pieces in a bowl with
  - sliced carrots, chopped shallots and garlic
  - bouquet garni, Médoc wine.
- 2. Brown the meat:** Remove the hare from the marinade and dry it.  
Brown the pieces in a large pot with butter and bacon.
- 3. Cooking:** Add the vegetables from the marinade and cook for a few minutes.
  - Sprinkle with flour and mix. Pour in the marinade wine, season with salt and pepper, and simmer gently for about 2–3 hours until the meat is very tender.
- 4. Finish the sauce:** Add small pieces of foie gras to the sauce and stir until melted.  
This will make the sauce smooth and rich.



**Montus**  
MADIRAN  
2019



# Stuffed Shoulder / Navarin of Lamb

Recipe from CHÂTEAU MONTUS – ALAIN BRUMONT

Wine Pairing: Château Montus – Madiran

## Ingredients (serves 4)

### Stuffed Shoulder of Lamb

- ½ shoulder of lamb, boneless
- 1 kg Madiran or Paris mushrooms
- 2 shallots
- 2 cloves garlic

### Navarin of Lamb

- 1 kg lamb, cut into 4 cm pieces
- 1 tbsp turmeric
- 1 tbsp curry powder
- 2 onions
- **Red bell peppers**
- White wine (Alain Brumont – Gros Manseng Sauvignon)
- 3 tbsp tomato paste
- 1 bouquet garni

## Preparation

### The Day Before

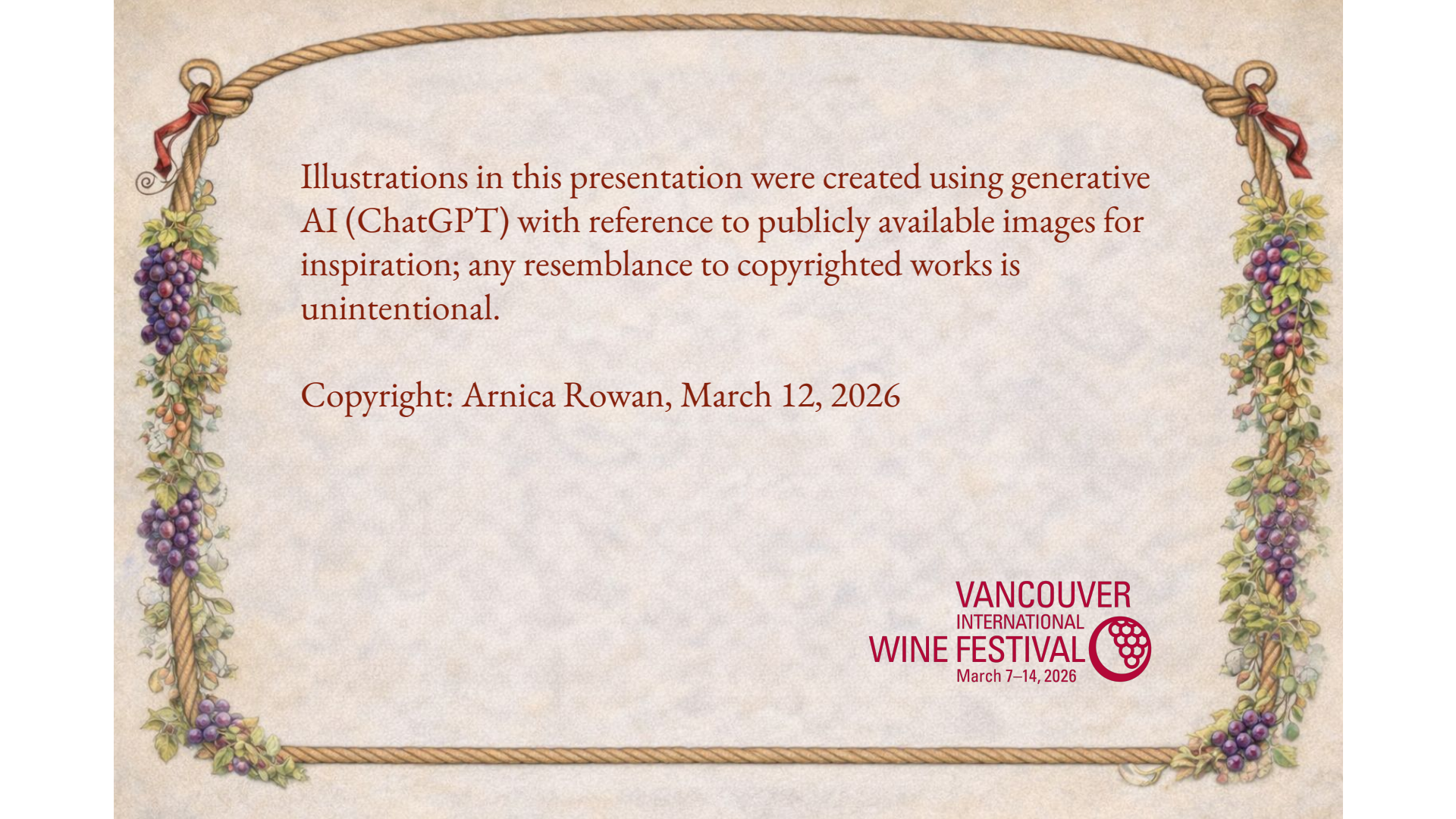
- Soak beans in cold water.
- Prepare lamb pieces by cutting them into 1 cm
- Cut the peppers into 1 cm pieces and peel garlic.

### The Next Day

- Fry the lamb in sunflower oil until brown on all sides,
- Add salt, pepper, peppers, and onions.
- Stir in the tomato paste.
- Add a tablespoon of flour.
- Add remaining white wine and reduce slightly.
- Simmer 1½ hours and adjust seasoning. Set aside.

### Preparing the Stuffed Shoulder

- Ask your butcher to bone the shoulder.
- Cook finely chopped mushrooms and shallots in butter, add garlic and thyme, sauté 5–10 min.
- Season with salt and pepper, then let cool.



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