



AUGUST - AOUT 2009





1. Le Mois de Napoleon

15th August - 240th Anniversary of Napoleon Bonaparte

[Born in Ajaccio, Corsica, 15 August 1769 – Died on the island of St Helena, 5 May 1821]

We've spent a bit of time browsing through Napoleon's biographies to find out his favourite foods, which included beans, lentils, chicken, and fish; while his favourite drinks were champagne and cognac, especially the Courvoisier. Watch out for daily specials during the week of Napoleon's birthday, with the dishes inspired by the Emperor's cuisine - Poussin Marengo, Cassoulet, Boullabaisse, and a few others.



2. Le Mois de la Corse

This month we are focusing on the food and wine of Corsica, Napoleon's birth place. Among the region's most celebrated meat dishes are charcuterie and veal. As the island is surrounded by water, it is also famous for its diverse fish menu. Its hills and mountains are the perfect place for sheep and goats, and the island's production of sheep and goats' cheeses is well-known. The island is also renowned for its chestnuts, and even hosts an annual chestnut festival. Corsica's Mediterranean climate is perfect for the production of all kinds of citrus fruit; while the hills and mountains team with many kinds of delicious herbs and a wide variety of mushrooms. The Italian influence expresses itself in the local production of olive oil and regional pasta dishes.

The southern Mediterranean climate is favourable for Corsican viticulture industry. The island's wine growers produce excellent reds and roses, and are quite renowned for their muscats and sparkling muscats. There is also a busy production of local beers and appetitifs - even including a local whisky! Watch out for regional specials appearing on our menu throughout August.



3. The Truffle Season

It is cold and wet outside, which could only mean one thing - our famous truffle season is here!

Thank you for your compliments about our variety of truffle dishes on our seasonal menus - due to the high demand, we have just ordered more truffles, which are brought to your table from Western Australia by our exclusive suppliers Wines and Truffles: believe me these truffles are outstanding...

4. Le mot de Jacky - Seasonal Dishes

Kobi and I are continuing to work hard to prepare a variety of seasonal dishes, using ingredients which are in season and at their best, exclusively brought to us by our fresh food suppliers, including:

- Black truffles, exclusively from Western Australia
- Quinces, Raspberries, Citrus fruit, and Pink Lady Apples
- Jerusalem Artichokes and Celeriac
- Chestnuts and Mushrooms
- King Fish & Oysters
- More yabbies will be delivered shortly from the Murray River;
- Spatchcock
- Asparagus - is just coming into season, so we're rushing to bring these to your table, too
- Cherries - these will be coming up later in the month, and we can't wait to get our hands on the first batch: the Clafoutis will never be the same!

Consult our menu and ask our gorgeous staff for daily specials!

5. Rencontre Autour d'un Verre

As I will be away for most of August, *Rencontre autour d'un Verre* will resume in September. It will be held as usual *Every Monday from 6:30 to 8:00 @ Le Bistro in Prahran, and Every Thursday from 6:30 to 8:00 @ L'Epicerie in Elsternwick* - - "l'objectif est de ne parler que francais pendant une heure et plus...".

If you want to de-rust your French, practice a little, or simply enjoy the conviviality of a small group of Francophiles having light dinner and wine *dans la langue de Moliere*, call me from the end of August to express your interest on 0438 357 099. Cost: \$30.00



6. Le mot d'Eugene - La Galerie @ Le Bistro

Our Current Exhibition Continues - Contemporary Australian Artists from the Charles Nodrum Gallery, which includes paintings by such renowned artists as Tom ALBERTS, Syd BALL, Adrienne GAHA, Kristin HEADLAM (illustrated above), Stewart MacFARLANE, Ti PARKS, John PEART, and Jim THALASSOUDIS. All works in this exhibition are for sale - sales enquiries welcome on 0409 409 239. [Click here to view the exhibition online.](#)

Merci very much for reading my "FRENGLISH" or "FRANGLAIS"...

Olivier
"Frozzie" Restaurateur

A très bientôt!



Le Bistro

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L'épicerie

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