

Markets, restaurants and vineyards

<http://www.libourne-tourisme.com/en/decouvrir/art-de-vivre.html>



THE MARKETS OF LIBOURNE

The discovery of Libourne and its surroundings would not be complete without a gastronomic stop, the city offers a plethora of terroir specialities... which you are sure to enjoy among stalls. An outdoor market sets up every Tuesday, Friday and Sunday in Libourne *Place Abel Surchamp*. You will be pleasantly surprised by the large range of produce. The typical atmosphere is what makes the charm of this market. Why don't you take a stroll among the stalls which are open windows on authentic flavour.

The terroir, tastes and accents of the south west are reflected by the market. Typical and colorful, the indoors market is located at the corner of Abel Surchamp Square. There is plenty of fruits, exotic vegetables, spices and herbs, cheese and fish.

It's open every day in the morning.

A flower and honey Market takes place in April. While you are in Libourne, make sure to see this downtown market with its flowers, plants, seedlings, bonsai...

All year long you can attend many fairs :

- *The Foire des Rameaux* (Palm Sunday Fair) where farmers come to sell their livestock.
- The November *Foire de la Saint Martin* (Saint Martin Fair)
- The *Foire Bio* (Organic produce fair) which is in May

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du Lycée Max Linder 2009/10

Cuisine of the Libourne area

The cuisine of the Libourne region draws its inspiration from the vast culinary heritage of ancient Guyenne. Wine plays a major role and is an integral part of this cuisine : rib or beef "à la bordelaise" or à la saint-émilionnaise" a marriage of shallot and incomparable wines, lamprey "à la bordelaise", straw berries with wine... The Dordogne and Isle rivers have also influenced this cuisine : eels, grilled shd with laurel, elver. We should not forget Gironde caviar commercially available since the First World War, and more simply aniseed-flavoured shrimps.

The cuisine is simple to prepare but complex in flavour. Try for example, grilled rib or beef on vine shoots accompanied by ceps gently seasoned with a touch of garlic. Duck foie gras prepared in a variety of ways is a must in the Libourne region. Dessert is not to be forgotten : vine peaches or cherry

soup with sweet red wine, ubiquitous Gironde cannelé cake, macaroons...