



Daniel Boulud

My Lyon

The lively local bars and restaurants of this vital trade centre are the best spots to enjoy regional culinary specialities that match the wines of nearby Burgundy, Rhône and Bugey

LYON HAS BEEN an important area for wine lovers for centuries, because of its geographic proximity to so many regions that produce excellent wines – Burgundy (including Beaujolais and Mâconnais), northern Rhône and Bugey. The Rhône and Saône rivers that bisect the city made Lyon a key trade centre as well, linking Burgundy to Marseilles. Lyon was always an industrial city with an affluent society that could spend on dining. This helped earn food a cultish reputation in Lyon.

Fittingly, the cuisine of Lyon – home to the grandfather of nouvelle cuisine Paul Bocuse, also the influential Alain Chapel, and the mid-18th century group of female chefs called Les Mères de Lyon – has always been hearty, satisfying and created to pair exceedingly well with the region's many wonderful wines. The area's reverence of Burgundy inspired me when I opened Bar Boulud restaurants in New York, London and Boston, which focus on the wines of Burgundy and Rhône.

But it's not only these reasons why Lyon has a special place in my heart. Growing up on a farm outside the city, I first experienced Lyon while going with my father to the market on the Quai Augagneur every Saturday, where we sold chicken, duck, squab, rabbit, kid goat, turkey, vegetables, garlic, onions, shallots, eggs and a lot of homemade goat's cheese.

For me it was a revelation – I learned the real pleasure of taking care of people through the beauty of our produce and food we made. There was pride in that, and it has remained with me. I also got my first taste of independence there as an eight year-old, walking the streets with a basket filled with lilies of the valley, which people traditionally give on 1 May.

At 14 I left home for Lyon and worked as an apprentice in the kitchen of two Michelin-starred Nandron, where I first tasted wines other than my father's. His was a very rough, rustic but honest wine: simple, unsulphured and organic.

I started to discover Lyon as a young chef. The city is divided into neighbourhoods, each with its own attractions. Vieux Lyon, the old



Above: the Passerelle St-George footbridge over the Saône river leading up to Vieux Lyon

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town, is like a beautiful 16th-century village where you can walk its tiny cobblestone alleys and admire the vaulted porticoes. I loved the *bouchons* – casual restaurants known for local wines and raucous patrons – as well as the bars where friends and I would enjoy a glass of wine on a day off. We'd also go to the billiards academy, or play hockey on Sundays at the ice rink, picking up girls and bringing them to Brasserie Georges for beer and choucroute.

Since then, it was my dream to open a small, chef-driven bistro in Lyon, and in October 2015 I finally had the opportunity to invest with young chef Grégory Stawowy, and open Le Suprême in the 7th arrondissement. We take pride in representing the best local winemakers and the menu pays homage to the region's famous poulet de Bresse, with a five-course tasting menu – the perfect meal for kicking off a visit to Lyon to discover its nearby wine regions and culinary gems. **D**

Daniel Boulud is a chef who owns restaurants across the US and Canada, plus Lyon, London and Singapore

1 Antic Wine Georges Dos Santos, Lyon's most famous wine personality, runs this wine shop that showcases all French wine regions and international bottles in various formats and vintages, as well as a beautiful collection of Ports. 18 Rue du Bœuf, 69005 www.anticwine.e-monsite.com



2 Brasserie Georges One of the most famous of Lyon's *bouchons*. Traditional dishes like *quenelle des brochet* and *cervelle des canuts* pair well with house wine, served in a heavy-bottomed glass bottle called a pot de vin. Other favourite *bouchons* are Daniel et Denise and Café Comptoir Abel. www.brasseriegeorges.com/home.aspx



4 Les Halles A trip to Lyon must include a visit to Les Halles – I cannot go to a city without visiting its markets. Here you capture a sense of the season, and you can still see the local chefs picking up their ingredients and products as I did as an apprentice 40 years ago when I would buy *loup de mer* from Poissonnerie Pupier to bring back to Nandron, or visit La Mère Richard for St-Marcellin cheese. www.halles-de-lyon-paulbocuse.com

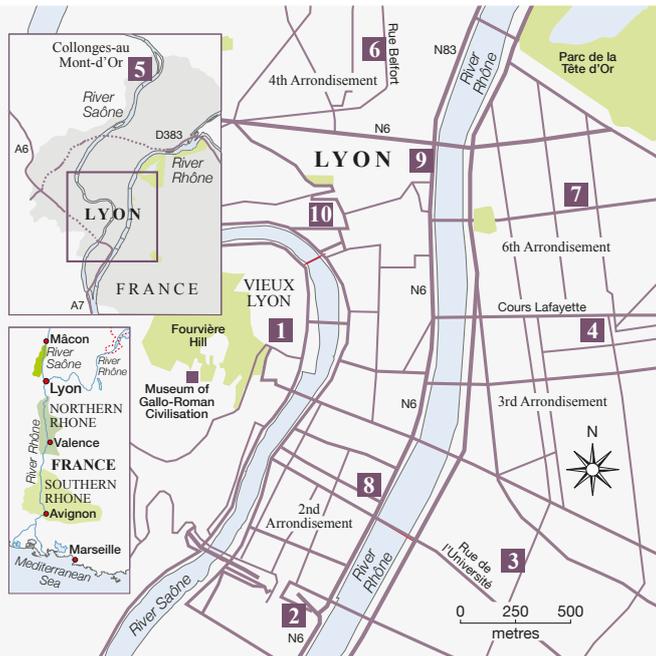


3 Café Sillon Run by Mathieu Rostaing-Tayard – who used to work with Pierre Gagnaire, and is part of the next young generation of chefs – this small restaurant serves simple dishes on a limited, ever-changing, seasonal menu. It's in the spirit of a *bouchon*, with incomparable value. www.cafe-sillon.com

5 L'Auberge du Pont de Collonges Paul Bocuse is the patriarch of chefs in Lyon. If feeling indulgent, or nostalgic, visit L'Auberge – the food is classic and almost a time capsule, yet still so relevant to see where the food being served today originated. One of the region's best wine lists. <http://www.bocuse.fr/auberge-bocuse.aspx>

6 O Vins d'Ange A wine shop with an excellent programme of tastings and a menu by Sébastien Milleret to match fine wines from producers such as Marcel Lapierre, Domaine Gramenon and Hervé Villemade. www.ovinsdanges.fr

7 Pierre Orsi Home to what is certainly the best wine cellar in Lyon, the restaurant of chef Pierre Orsi is famous for its classic French cuisine and is one of Lyon's temples of gastronomy. Orsi proudly wears the tricolour chef collar, signifying him as one of a small group of Meilleur Ouvrier de France. www.pierreorsi.com/uk



8 Hotel Sofitel Bellecour The place to stay. Elegant, modern and refined, and in the centre of town on Presqu'île. www.sofitel.com



9 La Mère Brazier Founded in 1921 by one of Lyon's 'mothers', who ran some of the city's best kitchens and are the real heroes of its gastronomic reputation. Today the two Michelin-starred restaurant is run by Mathieu Viannay, another MOF (see no7). The more casual Brazier Wine Bar specialises in Burgundy and Rhône wines. www.lamerebrazier.fr

10 Le Vin des Vivants Superb selection of wine, specialising in an excellent selection of natural wines, alongside very good platters of charcuterie and cheese. There's only bar seating at this shop-cum-wine bar, but it's in the heart of town. www.levindesvivants.fr

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