

Projet COMENIUS- MEETING SETE

« **You are what you eat** »

Sète du 17 au 21 mars 2014



Visit to the market of Sète (www.halles-sete.com)

- Each group chooses a few regional products which will be later analyzed by a nutritionist (Thursday).
- Tasting regional products



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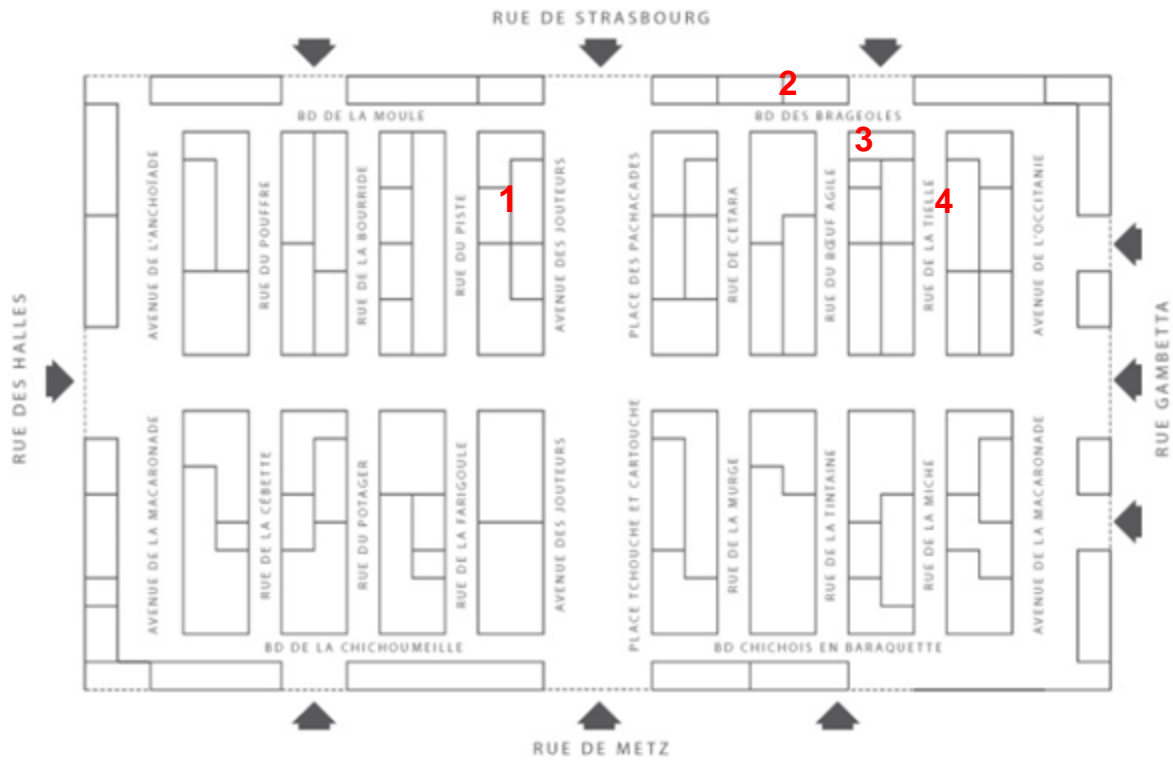
Projet COMENIUS- MEETING SETE

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PLAN DES HALLES (INTÉRACTIF)



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et de formation
tout au long de la vie



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STALL 1

La tielle



➤ **1 - Where does this product come from? What is its origin, its history?**

Quel est l'origine du produit ? D'où vient-il ? A-t-il une histoire un passé ?

The Tielle has been imported from Gaeta in Italy Sète by Italian immigrants in the eighteenth century.

Adrienne Virducci (1896-1962) was the first to commercialize the tielle, from 1937. Three of her six children inherit the recipe and know-how. Traditional tielle is now manufactured and marketed by her grandchildren. This traditional dish is not spread throughout France, but we found it on sale in many bakeries, supermarkets and fishmongers in the south of France.

The origin of Sète tielle remains uncertain. However, legend is that both families Cianni, Dassé still producing tielle today descend from Adrienne Virducci, the first person to produce and market the tielle sétoise .

➤ **2 – Is it produced nearby? In the region ?**

Est-ce un produit local ? Régional ?

The Tielle is a local product from Sète

➤ **3 – What are its main ingredients?**

Quels sont les ingrédients qui le composent ?

For the dough:

- 400 g of flour
- 2 tablespoons olive oil
- 1 packet of yeast lyophilized

For the filling:

- 1 kg of tomatoes
- 1 kg of octopus
- 2 onions
- 3 cloves of garlic
- 1 egg yolk
- Olive oil
- rosemary
- Salt and pepper

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➤ **4 – How is it eaten? Cold/ hot?**

Comment se consomme-t-il ? Chaud/ Froid ?

The Tielle Sétoise can be eaten hot or cold

➤ **5 – Is it eaten as a starter? As a main course?**

Est-il mangé en entrée ? En plat principal?

The Tielle Sétoise is often eaten as a starter, but could be eaten as a component of a main meal/dish.

➤ **6 – What wine do you advise?**

Avec quel vin ?

It would be suggested that the Tielle Setoise is eaten with a dry wine produced nearby such as « Picpoul de Pinet »

➤ **7 – Is it festive or rather daily?**

Est-ce un produit festif ou plutôt quotidien ?

This product tends to be eaten on a daily basis rather than just at festive periods/events during the year

➤ **8 – What recipe would you suggest?**

Avez-vous une suggestion de recette ?

Lasagna with the filling of the tielle .



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et de formation
tout au long de la vie



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Sète du 17 au 21 mars 2014



STALL 1

Les huîtres



➤ **1 - Where does this product come from? What is its origin, its history?**

Quel est l'origine du produit ? D'où vient-il ? A-t-il une histoire un passé ?

Oysters have been known since prehistoric times .Our ancestors left us evidence of piles of shells in the sites they frequently used. Some are said to even date back 165,000 years (at the cave Pinnacle Point, South Africa). For a long time they plucked the tides, but it is the Chinese who first think practising capture of the oysters using bamboo poles planted in the ground, which trap whole shells. These are the first "collectors" or known as the first "farmers".

➤ **2 – How is it farmed ? (we are visiting a shellfish farm This afternoon)**

Comment est-il élevé ?

Four breeding methods are known:

- suspended on breeding tables (in the Thau lagoon)
- deepwater
- ground
- elevated

There are three main steps in breeding :

Capture the larvae (spat) bind to collectors tile , wood , slate, iron or plastic (less than 6 months) ;

culture pocket oysters are placed in plastic bags installed on iron tables , the pockets are emptied regularly , oysters are graded and returned to the cleaned pockets.

Refining : adult oysters are placed in ponds for refining called " clear " 3 in order to modify the organic qualities such as , size or color of the oyster or the hardness of the shell.

Oysters reach a marketable size after one year and a half .

➤ **3 – How is it eaten? cold/ hot ?**

Comment se consomme-t-il ? Chaud/ Froid ?

Oysters can be eaten either cold or cooked depending on the dish, culture or personal taste .

➤ **4 – Is it eaten as a starter? As a main course?**

Est-il mangé en entrée ? En plat principal ?

The oysters are mainly eaten as a starter. However, they could be eaten as a component of a main meal/ course.

Projet COMENIUS- MEETING SETE

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Sète du 17 au 21 mars 2014



➤ **5 – What do you serve it with? What vegetable?**

Avec quel accompagnement ? Quel légume ?

They can be served with some yellow lemon, some vinegar or even some black pepper .

➤ **6 – What wine do you advise?**

Avec quel vin ?

It would be suggested that the oysters are eaten with a dry wine produced nearby such as « Picpoul de Pinet »

➤ **7 – Is it a traditional product? Is it festive or rather daily?**

Est-ce un produit traditionnel festif ? Plutôt quotidien ?

Oysters tend to be eaten as a festive dish .

➤ **8 – What recipe would you suggest?**

Avez-vous une suggestion de recette ?

Its is suggested that oysters are eaten with a zest of lemon, this gives the oysters an added flavour .

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STALL 1

Les moules



➤ **1 - Where does this product come from? What is its origin, its history?**

Quel est l'origine du produit ? D'où vient-il ? A-t-il une histoire un passé ?

There are different natural mussel beds . There are reared on all French coasts from the Mediterranean sea to the Northern sea . There are two mussel species :

- The Atlantic mussel
- The Mediterranean mussel : Ours is bigger than the Atlantic one .

➤ **2 – How is it farmed ? (we are visiting a shellfish farm this afternoon)**

Comment est-il élevé ?

The farming is done through nets called “ boudins de moule “ suspended from tables like oysters . The mussels naturally feed by filtering water from the lagoon .

➤ **3 – How is it eaten? cold/ hot ?**

Comment se consomme-t-il ? Chaud/ Froid ?

Mussels can be eaten either cold, with vinegar, or hot with garlic and parsley or stuffed such as the famous Sète recipe called “ Moules farcies “

➤ **4 – Is it eaten as a starter? As a main course?**

Est-il mangé en entrée ? En plat principal ?

It can be eaten either as a starter, but tends to be eaten as a main course (Moules farcies)

➤ **5 – What do you serve it with? What vegetable?**

Avec quel accompagnement ? Quel légume ?

Mussels tend to be eaten with Potato chips, but can be eaten with many other components.

➤ **6 – What wine do you advise?**

Avec quel vin ?

It would be suggested that the mussels are eaten with a dry wine, produced nearby such as « Picpoul de Pinet »

Projet COMENIUS- MEETING SETE

« **You are what you eat** »

Sète du 17 au 21 mars 2014



➤ **7 – Is it a traditional product? Is it festive or rather daily?**

Est-ce un produit traditionnel festif ? Plutôt quotidien ?

Mussels tend to be eaten on a daily basis compared to other foods that are only eaten on a festive basis.

➤ **8 – What recipe would you suggest?**

Avez-vous une suggestion de recette ?

We suggest the following recipe : Stuffed mussels . (Moules farcies)



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tout au long de la vie



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Sète du 17 au 21 mars 2014



STALL 1

Les escargots de mer



➤ **1 - Where does this product come from? What is its origin, its history?**

Quel est l'origine du produit ? D'où vient-il ? A-t-il une histoire un passé ?

We were told this product only lives in the Thau Lagoon . So it's an endemic product .

➤ **2 – Is it fished or is it farmed ?**

Comment est-il fabriqué ?

These are only fished in the Thau lagoon .

➤ **3 – How is it eaten? cold/ hot ?**

Comment se consomme-t-il ? Chaud/ Froid ?

This dish is often served cold rather than hot.

➤ **4 – Is it eaten as a starter? as a main course?**

Est-il mangé en entrée ? En plat principal ?

This dish is served as a starter .

➤ **5 – What do you serve it with? What vegetable?**

Avec quel accompagnement ? Quel légume ?

The dish is often served with a sauce called " Aioli ".

➤ **6 – What wine do you advise?**

Avec quel vin ?

This dish would be eaten alongsidewith a white dry wine, produced nearby such as « Picpoul de Pinet »

Projet COMENIUS- MEETING SETE

« **You are what you eat** »

Sète du 17 au 21 mars 2014



➤ **7 – Is it a traditional product? Is it festive or rather daily?**

Est-ce un produit traditionnel festif ? Plutôt quotidien ?

The dish would be eaten as more of a daily product rather than eating it only at specific times of the year/ festive periods.



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tout au long de la vie



Projet COMENIUS- MEETING SETE

« **You are what you eat** »

Sète du 17 au 21 mars 2014



STALL 4

La tapenade



➤ **1 - Where does this product come from? What is its origin, its history?**

Quel est l'origine du produit ? D'où vient-il ? A-t-il une histoire un passé ?

These are sauces with olive oil and crushed olive oil originating from Greece, Italy, Spain, North Africa and the Mediterranean from the classical period . Jean-Baptiste Reboul indicates that the tapenade was created in 1880 by the head Meynier restaurant La Maison Dorée in Marseille.

➤ **2 – What are its main ingredients? How is it made**

Quels sont les ingrédients qui le composent ? Comment est il fabriqué.

- 200 g black olives without stones
- 50 g capers
- 50 g anchovy fillets
- 1 teaspoon of Marc de Provence or Cognac
- 15 cl of olive oil
- 1 garlic clove

➤ **3 – How is it eaten? cold/ hot ?**

Comment se consomme-t-il ? Chaud/ Froid ?

This dish is often served cold, or used as stuff for tomatoes/ potatoes etc ...

➤ **4 – Is it eaten as a starter? as a main course?**

Est-il mangé en entrée ? En plat principal?

This condiment is served with bread .

➤ **5 – What wine do you advise?**

Avec quel vin ?

Projet COMENIUS- MEETING SETE

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Sète du 17 au 21 mars 2014



Traditionally, it is advisable to accompany this dish with pink wine (Bandol (AOC), Tavel (AOC), Ventoux (AOC), or a red wine, such as Minervois (AOC) or a white wine such as Cassis (AOC). For fans, Champagne is even suggested .

➤ **6 – Is it a traditional product? Is it festive or rather daily?**

Est-ce un produit traditionnel festif ? Plutôt quotidien ?

This product would be eaten on a daily basis rather than at special events or festive periods.

➤ **7 – What recipe would you suggest?**

Avez-vous une suggestion de recette ?

It would be suggested that this dish would be served as a starter, with some bread and a selection of different pink wine or Red wine.



Programme d'éducation
et de formation
tout au long de la vie



Projet COMENIUS- MEETING SETE

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Sète du 17 au 21 mars 2014



STALL 2

Le pélardon



- **1 - Where does this product come from? What is its origin, its history?**

Quel est l'origine du produit ? D'où vient-il ? A-t-il une histoire un passé ?

This product originates from Rome.

- **2 – What are its main ingredients? How is made**

Quels sont les ingrédients qui le composent ? Comment est-il fabriqué ?

This product is made with Goat milk .

- **3 – How is it eaten? cold/ hot ?**

Comment se consomme-t-il ? Chaud/ Froid ?

It can be eaten cold, on bread for example, or eaten hot as a part of a salad .

- **4 – Is it eaten as a starter? as a main course?**

Est-il mangé en entrée ? En plat principal ?

This is often eaten after the main meal, or served hot with salad as a starter.

- **5 – What wine do you advise?**

Avec quel vin ?

This is suggested a red wine to give the flavours added taste.

- **6 – Is it a traditional product? Is it festive or rather daily?**

Est-ce un produit traditionnel festif ? Plutôt quotidien ?

This would be eaten on a daily basis either as a starter or after the main course .

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- **7 – What recipe would you suggest?**

Avez-vous une suggestion de recette ?

We would suggest that it is eaten hot with a salad, and a glass of wine.

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**You have just tasted these products.
Give marks from 1 (worst) to 5 (best)**

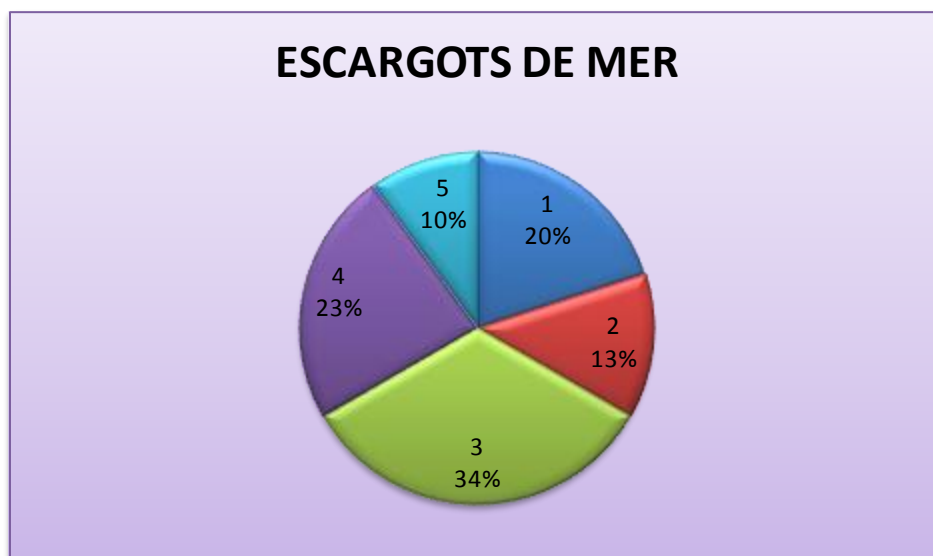
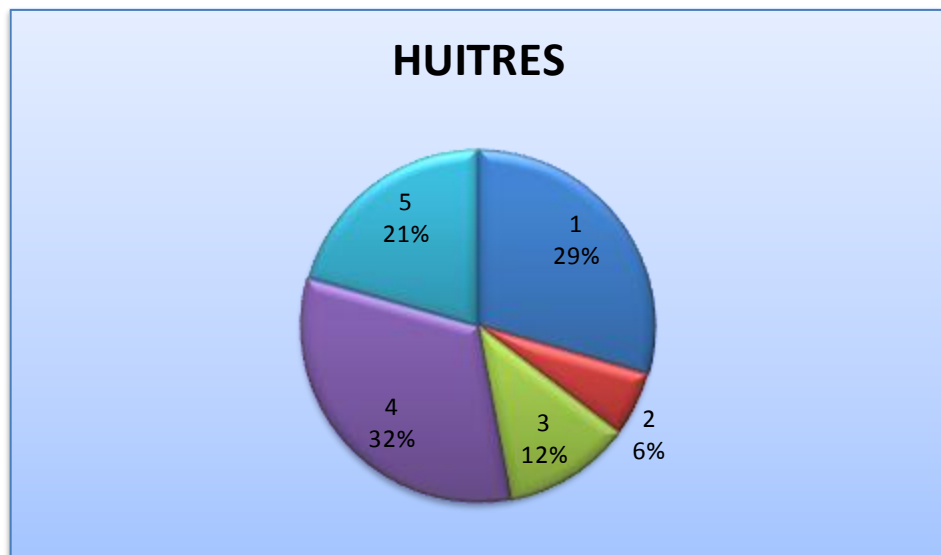
Products	1	2	3	4	5
Tielle					
Huîtres					
Escargots de mer					
Tapenade					
Pelardon					
Navettes					

Did you like it? Be careful! You've got now to calculate the nutritional value of all you've eaten!

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et de formation
tout au long de la vie



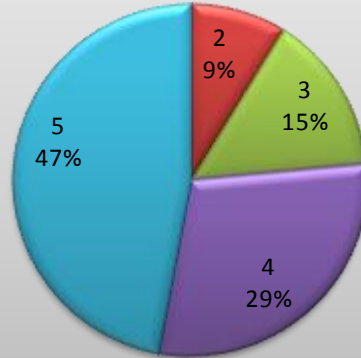
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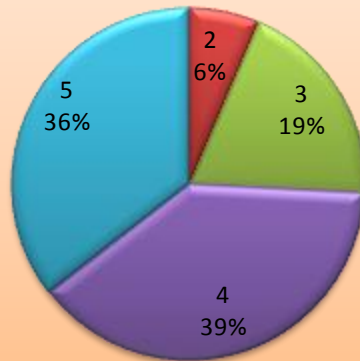
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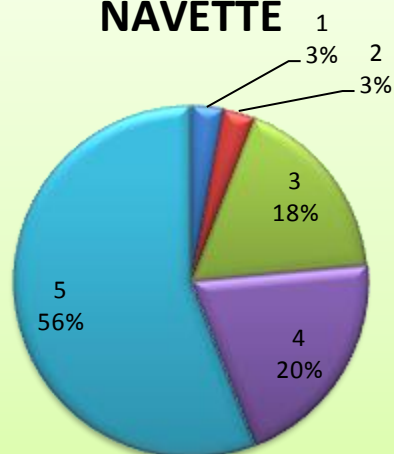
TAPENADE



PELARDON



NAVETTE



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et de formation
tout au long de la vie



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MARKET QUESTIONNAIRE SUMMARY

While tasting products at the market, we found that the food the most appreciated were the tielles (octopus pie), the navettes (biscuits), the pèlardons (goat's cheese) and the tapenade (olive paste). The sea snails were moderately appreciated by our guests. And finally the oysters were not appreciated at all which is a pity because sea products are very interesting with regards to their nutritive values.

Tapenade:

200g black olives
5 anchovies filets in oil
8 capsicums
1 garlic clove
3 spoonful's of olive oil.



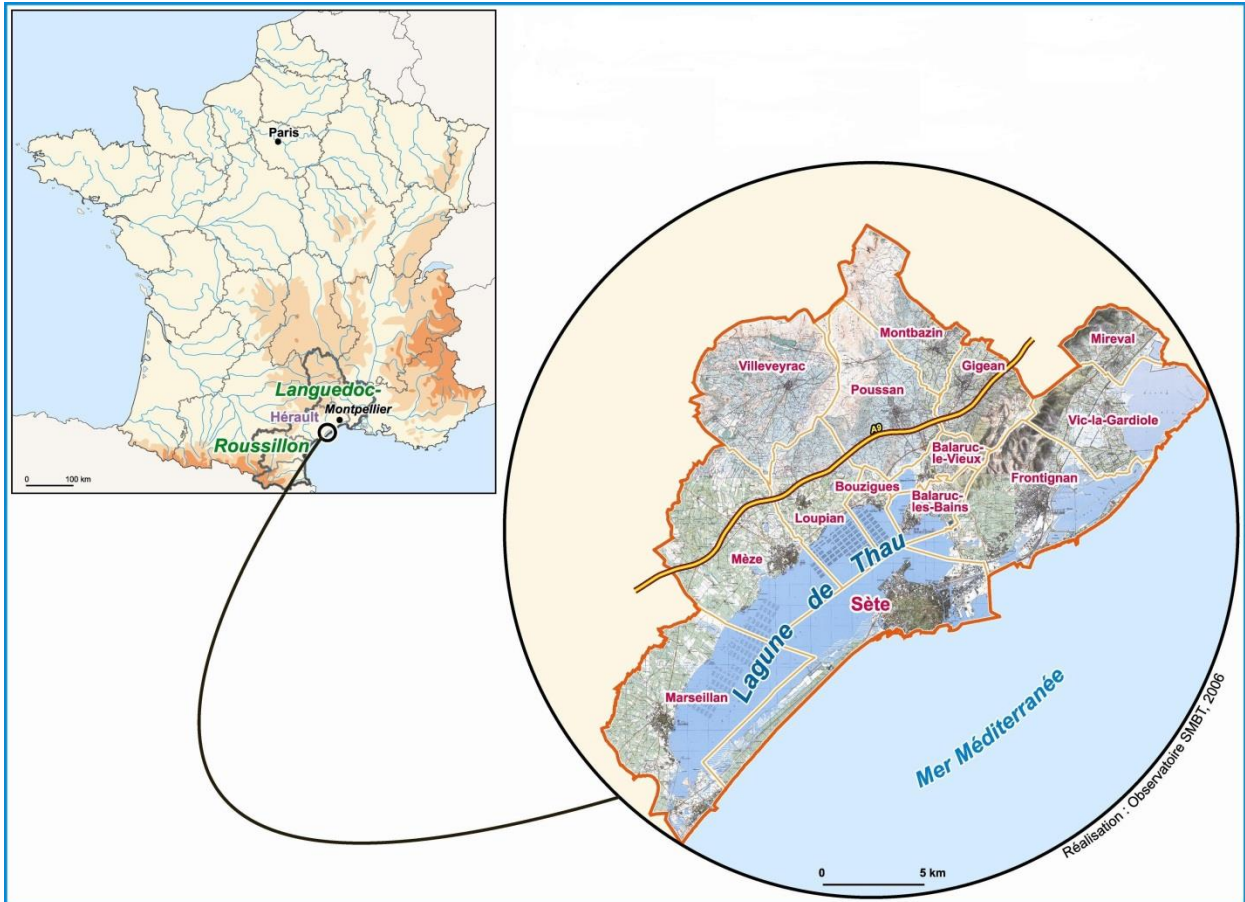
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