

Cognoscenti

magazine

Because life is short

Terres de Truffles Nice

On a small street in Nice's quaint old town, there's a boutique and restaurant called **Terres de Truffles**. It may be small in size, but to truffle lovers it is a veritable Mecca, offering what may just be the world's most extensive selection of truffle-based food products. And who better than "The King of Truffles"



Chef Frédéric Laloyaux with Maxime Piasco

himself, Clement Bruno, to concoct them? Inside Terres de Truffles, managed expertly by Mme. Bruno, darkly stained woods, striking metal sculptures by Tossello, and Novaro lamps conjure up a stylish ambience in which to shop for—or dine on—these costly (but oh-so delectable!) fungi.

Having a quality source of truffles is one thing; knowing how to best integrate them in culinary dishes is quite another. As resident Chef Frédéric Laloyaux notes, the best ingredients to combine with truffles are "all those based on cream, butter and eggs" as

well as root vegetables, whose earthy character brings out the complex flavors of truffles—even honey. Olive oil is ideal too: truffles can be heated in the oil, which is then poured over the dish at the end. And is there anything that *doesn't* work with truffles? Shellfish—except for lobster in such creamy renditions as lobster bisque.

Suffice it to say we were in for a rich meal! It began with a *salade de ramasseur de truffes* served with poached egg and slices of tender truffle. A signature Bruno dish, the *pommes de terre en robe des champs à la crème de saison*, or potatoes in cream, undoubtedly had murderous cholesterol levels, but it *was* simply scrumptious. In the *filet de boeuf Rossini*, *gratin de pommes de terre, truffes de saison, sauce aux truffes*, a caramelized sauce of beef, bacon and vegetables went through hours of reduction before being served. Enhanced by the judicious addition of vinegar and red wine, it yielded rich and complex tastes that married perfectly with truffles. (Other dishes on offer at Terres de Truffles are the popular scrambled eggs and a good risotto—both with truffles, of course!)

This article was written by Nicole Medvecky, Contributing Editor to *Cognoscenti Magazine*.

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Terres de Truffles

11, Rue Saint-François de Paul
06300 Nice
France
Ph: 33 (0)4-93-62-44-83