

[SCRIPT FOR A YOUTUBE CHANNEL ON 14 FRENCH SPECIALTIES TO TRY DURING THE OLYMPIC GAMES TAKING PLACE IN FRANCE]

(This script revolves around the idea of exploring gastronomy for the sake of the experience. It is best suited for people willing to explore the French Cuisine's staples on a budget. The following list focuses on eating the most common and flavorful savory as well as sweet delicacies of the French Cuisine that should be on every traveler's list to Paris!)

INTRODUCTION:

Paris, famously known as the city of love, is celebrated for its rich cultural history, stunning architecture, and passionate love for cuisine. Beyond being a place to admire art and take romantic walks along the Seine, Paris stands as the culinary capital of the world. Locally referred to as "Paname," this vibrant city beautifully blends history, tradition, and a constantly evolving culture that ensures every visit is unique. With countless new restaurants popping up all the time, Paris offers an endless array of delicious foods waiting to be explored, from flaky croissants to savory escargots.

If you're tuning in, you're likely one of the many visitors flocking to Paris for the 2024 Olympic Games, ready to dive into the city's incredible food scene. In this video, we'll embark on a culinary journey through Paris, spotlighting some of the must-try dishes and eateries that make this city a food lover's paradise. Get ready to indulge in the finest Parisian cuisine as we explore 14 specialties you absolutely can't miss.

Join us as we uncover the best food experiences in Paris, each dish telling a unique story. The city's gastronomic tapestry combines the rich flavors of history, tradition, and modern innovation, offering an unmatched taste experience. From the perfect crisp of a croissant to the hearty depth of Boeuf Bourguignon, every bite takes you deeper into the heart of French cuisine. Prepare your taste buds for an unforgettable journey through Paris's most iconic and beloved dishes. Bon appétit!

THE CULINARY ICONS:

1. CROISSANTS:

The croissant – A breakfast and afterschool staple for the busy Parisian lifestyle, is a buttery, crescent-shaped pastry found in every bakery in Paris. Trying as many as possible to find your favorite is a delightful experience. Pain au chocolat, a variation filled with rich chocolate, is another must-try.

Where to find them in Paris:

For the best croissants in Paris, head to Du Pain et des Idées, a top bakery whose goods often sell out by the afternoon. Another great spot is Boulangerie Utopie, an artisanal bakery known for its unique offerings and perfect for a quick breakfast or lunch on the go.

2. MACARONS:

Macarons, the super delicate French cookies resembling sandwiches, are a must-try in Paris. Available at nearly every bakery, you can even take a class to learn to make your own. Perfectly stored in cold temperatures to stay fresh, be sure to bring some home for a deserving friend. Ask your airline to keep them refrigerated during your flight.

Where to find them in Paris:

For the best macarons in Paris, visit Pierre Hermé. Widely regarded as the best by locals, they offer a variety of exquisite flavor combinations and seasonal flavors. With over 20 locations in Paris, finding them is a breeze during your visit.

THE PARISIAN STAPLES:

3. THE BAGUETTE TRADITION:

When it comes to French cuisine, the Parisian baguette holds a special place. Known for its lovely caramel color, crusty exterior when still warm, and soft crumb interior, this bread is a symbol of Parisian life. Eating a baguette is often on every traveler's bucket list when they visit Paris, and for good reason.

Where to find them in Paris:

For the best baguette in Paris, head to Le Grenier à Pain. They won Paris's best baguette competition for a reason. Enjoy it by itself or with some French cheese and Salt Creek Coffee in the morning while reading the news for a perfect Parisian experience.

4. CHEESES FROM CHARCUTERIES AND FROMAGERIES:

Equally significant in the French food scene are the fromageries and their exquisite selection of cheeses. France's cheese-making expertise is unparalleled, with each region offering its unique variety. From the creamy Brie de Meaux to the pungent Roquefort, cheese in France is an exploration of textures, flavors, and centuries-old traditions.

Where to find them in Paris:

For the best cheeses in Paris, visit Côte2Boeuf. This highly regarded shop supplied my picnics for three seasons! Mention my name, and you'll be greeted with a huge smile and treated like a local. It's the perfect spot to discover exceptional French cheeses for any occasion.

CLASSIC FRENCH DISHES

5. BOEUF BOURGUIGNON:

Boeuf bourguignon is a classic stew made of beef braised in red wine and beef broth, originating from Bourgogne in Eastern France. Once a peasant dish, it has become a staple in French restaurants worldwide. This dish showcases the art of French cooking by turning a budget cut of meat into elegant food. It includes beef, mushrooms, garlic, bacon, and onions, all tenderized in Bourgogne red wine for hours, or up to two days, and is enjoyed with potatoes and carrots.

Where to find them in Paris:

For the best Boeuf bourguignon in Paris, visit Bouillon Chartier Grands Boulevards. A Parisian institution since 1896, it offers traditional French cuisine at surprisingly low prices, with historic Belle Époque decor enhancing the experience.

6. COQ AU VIN:

Julia Child put Coq Au Vin on the map for the rest of the world. This French dish features braised chicken or rooster with bacon, pearl onions, Burgundy wine, and mushrooms. Though the ingredients are simple, their combination creates a mouthwatering dish you'll want to enjoy repeatedly. In Paris, you can try both the classic Coq Au Vin and the Coq Au Vin Blanc with foie gras, made with white wine—both are amazing.

Where to find them in Paris:

For the best Coq Au Vin in Paris, head to the bistros and brasseries in Le Marais and Saint-Germain-des-Prés. These districts are famed for serving traditional dishes with unique regional touches, each telling a story of culinary heritage.

7. SOUPE À L'OIGNON:

If you've been to any French restaurant, you're likely familiar with soupe à l'oignon, or French onion soup. Onions are slowly caramelized in butter, then simmered in a flavorful broth. The soup is ladled into oven-safe bowls, topped with croutons and a generous layer of gruyere cheese, and baked until bubbly and golden—a satisfying cheese pull awaits! Perfect for chilly days in Paris, this soup stays wonderfully hot. Be cautious with that first spoonful, but definitely give it a try while you're here!

Where to find them in Paris:

For the best soupe à l'oignon in Paris, head to Au Pied de Cochon. This iconic restaurant is known for its classic French fare and is open around the clock, making it an ideal spot to savor this comforting soup.

8. RATATOUILLE:

Ratatouille, not to be confused with the Disney film, is a quintessential French dish celebrated throughout France and immortalized by its animated namesake set in Paris. Originating from the Provence region in the south, ratatouille is a comforting stew of nightshade vegetables—eggplant, bell peppers, tomato, and zucchini—spiced with herbs from Provence, reflecting its "provençal" flavors. Recipes can vary widely based on interpretation, making each version unique.

Where to find them in Paris:

For an authentic taste of ratatouille in Paris, head to Chez Janou. This cozy bistro specializes in cuisine from Provence, offering a delicious ratatouille served lukewarm with a poached egg on top. Whether you're vegan or simply seeking a taste of traditional French fare, Chez Janou is the perfect spot to savor this classic dish.

THE STREET FOOD EXPERIENCE

9. CREPES & GALETTES:

When it comes to street food in Paris, crêpes and galettes shine as quintessential on-the-go treats, marrying convenience with the exquisite flavors of French cuisine. Crêpes, thin and delicate pancakes, serve as a versatile canvas for various fillings, whether sweet like Nutella or savory with ham and cheese. Galettes, made with buckwheat flour and originating from Brittany, offer a heartier base and are typically filled with savory delights like cheese, ham, and a fried egg.

Where to find them in Paris:

In bustling Parisian districts like the Latin Quarter and Saint-Germain-des-Prés, you'll discover tiny creperie stands and eateries where skilled chefs craft these delightful treats. Don't miss Crêperie du Pain for traditional Breton galettes and a range of sweet crêpes or visit the charming Bistro Paul Bert for classic and innovative crêpe fillings.

SEAFOOD SPECIALTIES:

10. MOULES MARINIÈRES:

Among the seafood specialties in France, Moules Marinières stands out for its simplicity and elegance. This classic dish, often found in the cozy bistros and brasseries of Paris, features mussels cooked in a fragrant broth of white wine, garlic, shallots, and herbs. The charm of Moules Marinières lies in its unpretentious yet flavorful profile, offering a taste of the sea with every spoonful. The mussels, steamed to tender perfection, soak up the savory broth, creating a harmonious blend of flavors that is both comforting and sophisticated.

Where to find them in Paris:

In Paris, Moules Marinières is more than just a meal; it's a culinary experience that embodies the essence of French gastronomy. Enjoyed with a side of crispy fries or freshly baked bread to mop up the delicious broth, this dish is a must-try for seafood lovers. Whether you're dining along the bustling streets of Le Marais or in a quaint eatery near the Eiffel Tower, savoring Moules Marinières is a quintessential Parisian experience, reflecting the city's rich culinary heritage and love for amazing food.

FOR THE ADVENTUROUS PALATE

11. ESCARGOT:

Escargot, or snails prepared in a deliciously savory manner, are a unique and entertaining delicacy in French cuisine. Served with a special contraption to grip the shell and a tiny fork to extract the tender morsel, eating escargot is akin to a delightful culinary adventure. The snails are bathed in a rich combination of melted butter, garlic, and parsley, creating a decadent flavor that pairs perfectly with a piece of crusty bread.

Where to find them in Paris:

For a memorable escargot experience in Paris, head to Bouillon Pigalle. Offering this classic dish at an exceptionally affordable price, Bouillon Pigalle is the perfect place to try escargot for the first time, with no regrets.

12. FROG LEGS:

Frog legs, a captivating delicacy in French cuisine, are prized for their delicate, slightly gamey flavor often likened to chicken. This specialty, prepared with garlic and parsley or in more elaborate dishes, can be savored in both traditional and modern bistros across Paris. Renowned establishments near Place des Vosges and along the charming streets of Saint-Germain-des-Prés elevate frog legs into culinary masterpieces, showcasing the innovative spirit of French gastronomy.

Where to find them in Paris:

For an adventurous dining experience, head to Au Pied du Sacré Coeur in Paris to try frog legs. In a city celebrated for its culinary excellence, frog legs represent the adventurous side of French cuisine, promising a unique gustatory journey for those eager to explore beyond the usual fare. Whether in a quaint bistro or a luxurious dining room, frog legs offer a taste of France's rich gastronomic heritage.

THE SWEET TOOTH OF PARIS:

13. CRÈME BRÛLÉE:

Crème brûlée, a classic French dessert, features a luxurious custard base topped with a layer of hard caramelized sugar. Traditionally flavored with vanilla, this dessert delights with its creamy texture and the satisfying crack of its caramelized crust. Nowadays, you'll also find creative variations like coffee-infused custard or fruit-flavored layers.

Where to find them in Paris:

For an exceptional crème brûlée experience in Paris, visit a quaint restaurant known for its unstuffy Art Nouveau dining room. This hidden gem offers outstanding crème brûlée alongside a curated selection of French wines, cheeses, and specialty items, providing a truly authentic taste of French culinary artistry.

14. TARTE TATIN:

Tarte Tatin, a beloved French dessert, puts a unique spin on the classic apple tart. Originating from the Loire Valley, this upside-down pastry features caramelized apples atop a buttery, flaky crust. Served in Parisian cafes and patisseries, it's often accompanied by fresh cream or vanilla ice cream, enhancing its warm, comforting flavors.

Where to find them in Paris:

From elegant Michelin-starred dining rooms to cozy local bistros, Tarte Tatin is celebrated for its rich history and delicious taste across Paris. Whether enjoying hot chocolate near Les Halles or a leisurely meal in a quaint eatery, this dessert is a must-try for those seeking the full spectrum of Parisian culinary delights.

CONCLUSION:

As we conclude this delectable journey through Paris's culinary delights, we invite you, our fellow food enthusiasts, to join us in experiencing the excitement of the 2024 Summer Olympic Games in Paris, France. Beyond the thrill of athletic competition, Paris offers a feast for the senses with its vibrant food scene. Whether you're exploring the charming cafes of Montmartre, indulging in gourmet delights in Le Marais, or savoring classic French dishes like Moules Marinières and Tarte Tatin, the city promises unforgettable culinary adventures.

During the Olympics, Paris will showcase its culinary prowess like never before, welcoming visitors from around the globe to discover its gastronomic treasures. From street-side creperies serving up sweet and savory crepes to elegant bistros offering refined French cuisine, there's something to delight every palate.

Join us as we celebrate the union of sports and gastronomy in one of the world's most captivating cities. Don't miss out on this incredible opportunity to witness the Olympics and indulge in the flavors of Paris. Watch our next video for the ultimate guide to exploring Paris during the Olympics and for all the tips and insider recommendations. Subscribe now and join us for an unforgettable adventure filled with food, culture, and excitement!