



## The crew

Captaine : Marco

Sailor : Baptiste

Chef : Yves

Waitress : Monika

Cabine stewardess : Laura

Purser : Suzie

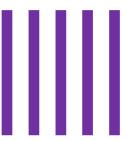
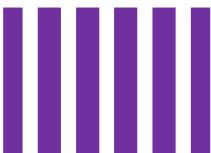


# Cruise from Pont l'Evêque to Paris

26/09/2023-02/10/2023



PONT L'EVEQUE - COMPIEGNE - SAINT-LEU  
D'ESSERENT - PONTOISE - BOUGIVAL - PARIS



YOU



SUDOKU

2	6			7			1	4
8	1						7	2
			2	1	5			
	4	9				3	6	
5			3		7			1
	3	1				2	5	
			8	2	6			
4	2						3	5
1	9			3			2	6

Solution :

2	6	3	9	7	8	5	1	4
8	1	5	6	4	3	9	7	2
9	7	4	2	1	5	6	8	3
7	4	9	1	5	2	3	6	8
5	8	2	3	6	7	4	9	1
6	3	1	4	8	9	2	5	7
3	5	7	8	2	6	1	4	9
4	2	6	7	9	1	8	3	5
1	9	8	5	3	4	7	2	6

## EXCURSIONS

Castle of Malmaison



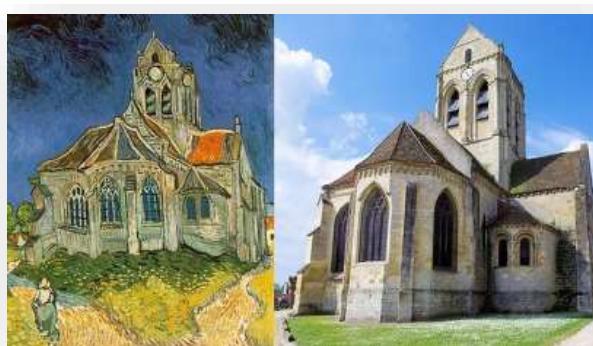
Pontoise



Museum of Camille Pissarro



Auvers-sur-Oise



Absinthe museum



## EXCURSIONS

Crème chantilly workshop



Abbey of Saint-Leu d'Esserent



Castle of Chantilly



Armistic Museum



Compiègne and its castle



## PONT-L'EVEQUE → PARIS

- 11 Écluses / Locks et 195,5 km (121 miles) -

FROM de	Distance	TO à
<b>PONT L'EVEQUE</b>		
Pont l'Evêque	9,9 km / 5,6 miles	Écluse Bellerive
Écluse Bellerive	5,6 km / 3,1 miles	Écluse Janville
Écluse Janville	7 km / 4,03 miles	Compiègne
<b>COMPIEGNE</b>		
Compiègne	1,5 km / 0,9 miles	Écluse Venette
Écluse Venette	13,1 km / 8 miles	Écluse Verberie
Écluse Verberie	11 km / 6,8 miles	Écluse <del>Sorbon</del>
Écluse <del>Sorbon</del>	1,3 km / 0,6 miles	Pont-Ste-Maxence
Pont-Ste-Maxence	14,5 km / 8,7 miles	Écluse Creil
Écluse Creil	4 km / 2,5 miles	Saint-Leu-d'Esserent
<b>SAINT-LEU D'ESSERANT</b>		
Saint-Leu-d'Esserent	11 km / 6,8 miles	Écluse <del>Boron</del>
Écluse <del>Boron</del>	13,1 km / 8 miles	Écluse Isle-Adam
Écluse Isle-Adam	6,5 km / 3,7 miles	Auvers-sur-Oise
Auvers-sur-Oise	6,5 km / 3,7 miles	Pontoise
<b>PONTOISE</b>		
Pontoise	1,5 km / 0,9 miles	Écluse Pontoise
Écluse Pontoise	36 km / 22,3 miles	Écluse Bougival
Écluse Bougival	1 km / 0,6 miles	Bougival
<b>BOUGIVAL</b>		
Bougival	31 km / 19 miles	Écluse Suresnes
Écluse Suresnes	21 km / 13 miles	PARIS Grenelle
<b>PARIS GRENELLE</b>		

## RECIPES

### Cucumber and feta salad

Cut cucumber in half lengthwise. Remove seeds with a spoon. (Pre-salting the cucumbers in advance removes some of the water. It's okay if the slices are a little thick).

Season with salt and pepper. Add the liquid cream and unseasoned feta cheese cubes. Add a little honey to sweeten the salad. Add vinegar to dilute with water. Mix everything together and refrigerate for at least an hour.

Adjust seasoning if necessary.

(Caution: if cucumbers are pre-salted, do not add seasoning salt.

### Remoulade celery

Peel the celery ball with a knife and then grate.

Stir in a little lemon juice, then press firmly with your hands.

Leave to rest for 30 minutes.

Season with salt and pepper. Add the mayonnaise, cream, honey, vinegar and olive oil. Mix everything together, leave to stand and adjust seasoning if necessary.



## CHEESES

Époisses



Comté



Valençay



Morbier



Cantal entre deux



## CHEESES

Sainte-Maure de Touraine



Roquefort



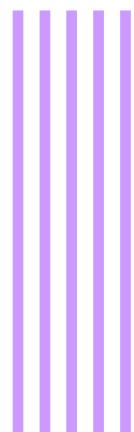
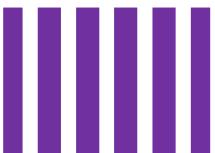
Brillat-Savarin



Brie de Meaux



Langres





#### **Day 1 - Tuesday (Boarding) - Dinner:**

**Starter:** Quiche Lorraine with mesclun salad and tomatoes

**Main course:** Roasted guinea fowl stuffed with dried fruits, Moroccan sauce, charlotte apple with herbs, leek fondue

**Dessert:** Strawberry salad, vanilla whipped cream, grilled almonds, ice cream

#### **Day 2 - Wednesday - Lunch:**

**Starter:** Old-fashioned tomato salad and cauliflower, tomato and pepper tabbouleh salad

**Main course:** Pork tenderloin in a "forest" crust, stuffed with forest mushrooms and spinach, kale with cream and twisted tagliatelle

**Dessert:** Home-made chocolate mousse with rum and raspberries

#### **Day 2 - Wednesday - Dinner:**

**Starter:** Moelleux au cidre alias cider cake, heart of Chaource, accompanied by a small salad

**Main course:** Saithe fillet with scallops, carrot flan, citrus sauce and white rice

**Dessert:** Grand Marnier mousse

#### **Day 3 - Thursday - Lunch:**

**Starter:** Colourful pepper salad and chickpeas salad

**Main course:** Lamb leg marinated in spices with its white flageolet fricassee with cream, garlic and gnocchi

**Dessert:** Strawberry crunch with salted butter caramel, strawberry ice cream and homemade macaroon

#### **Day 3 - Thursday - Dinner:**

**Starter:** Vegetable terrine

**Main course:** Grandma styled beef bourguignon with tagliatelle

**Dessert:** Meringue crumble, lemon sorbet, fresh blackberries marinated in vodka

#### **Day 4 - Friday - Lunch:**

**Starter:** White cabbage salad and beetroot salad

**Main course:** Duck breast fillet with blueberries, fresh courgette vegetables, polenta sticks with blueberry sauce

**Dessert:** Orion pearl on hazelnut biscuit, topped with red fruits and salted butter caramel

#### **Day 4 - Friday - Dinner:**

**Starter:** Tabbouleh

**Main course:** Bouquet of fishes with its accompaniments

**Dessert:** Coupe Raymonde, praline ice cream, fresh blueberries, violet macaroon

#### **Day 5 - Saturday - Lunch:**

**Starter:** Carrot salad with its companions and cucumber and feta salad

**Main course:** Roast pork in foil with mustard and herbs, roasted potatoes, green beans with garlic

**Dessert:** Angel cake, caramel, custard, red fruits

#### **Day 5 - Saturday - Dinner:**

**Starter:** Carpaccio of tomato-mozzarella, balsamic sweetness

**Main course:** Veal stew, broccoli, white rice

**Dessert:** Mango passion fruit sweetness and lemon mascarpone ganache

#### **Day 6 - Sunday - Lunch:**

**Starter:** Bayonne Ham on Charentais melon, and its companions

**Main course:** Salmon steak with aurora sauce and pink shrimps, fresh ratatouille accompanied with 'pomme château' potatoes

**Dessert:** Panna cotta with red fruits

#### **Day 6 - Sunday - Dinner:**

**Starter:** Duck foie gras, fresh fig compote, cherry tomato confit, spicy caramel

**Main course:** Roasted beef fillet, on its mirror with shallot sauce, sweet potato mousseline and seasonal baby vegetables

**Cheese:** Hot goat's cheese and mixed salad

**Dessert:** Baked Alaska

# VIOLET MACARON RECIPE

## Ingredients:

- Powdered sugar 150g
- Almond powder 150g
- Granulated sugar 150g +150g
- Egg white 100g
- White chocolate 200g
- Liquid cream 200g +100g
- Violet syrup 90g



## MACARONS:

Mix the caster sugar with the almond powder for a few minutes.

Stir the sugar-almond mixture into 50 g of egg white and add the purple colouring.

Set aside

Melt the sugar (150g) with a little water in a pan (118°).

In a mixer, beat 50g of egg white, when it starts to foam, slowly add the syrup (118°) while beating at full speed. Continue beating until the mixture cools.

## MACAROONING:

Mix the two preparations together, while lifting the preparation with a flat spatula. The mixture is good when a thick stream come out when you lift the mixture with the spatula. Place in a pastry bag and place on a piece of baking paper in small heaps of about 2 to 3 cm in diameter.

Leave to rest for 10 to 15 minutes, then bake in a hot oven at 150°C = 302°F for about 9 minutes.

The dough is good if after a few minutes it forms a small colorette.

After baking, let it cool down.

## THE GANACHE:

Mix the white chocolate with half of the boiling cream in a bowl, add the violet syrup and a pinch of violet colouring. Mix everything together with a mixer and keep it cold.

Add the second part of the cold cream to the white chocolate mixture and whip into a mousse. Set aside in the refrigerator after putting the ganache in a bag. Once cooled, assemble the macaroons by placing a little cream on one dome, then covering with a second to form the macaroons.

Put the finished macaroons back in the fridge.



## THE CHEESE QUIZ

1. In what region Morbier is produced?
  - A. Burgundy
  - B. Bordeaux
  - C. Franche-Comté
  
2. Which of these cheese has the highest fat content?
  - A. Langres
  - B. Morbier
  - C. Brillat-Savarin
  
3. What type of milk Roquefort is made of?
  - A. Cow's milk
  - B. Goat's milk
  - C. Sheep milk
  
4. How many kilograms a Comté weighs in average?
  - A. 40 kg / 88 pounds
  - B. 5 kg / 11 pounds
  - C. 50 kg / 110 pounds

Answers: 1.C, 2.C, 3.C, 4.C, 5.B, 6.A, 7.A,D 8.B, 9.B

5. What is the name of the seed they often use to obtain an orangish colour?
  - A. Orange seed
  - B. Annatto seed
  - C. Avocado seed
  
6. What is going to the centre of Sainte-Maure-de-Touraine?
  - A. Rye straw
  - B. Paddy straw
  - C. Bamboo straw
  
7. Two of these cheeses are closely related in their production. Which ones?

A. Morbier	C. Munster	E. Langres
B. Gruyere	D. Comté	F. Epoisses
  
8. What is the name of the cheese which has a straw going through it?
  - A. Saint Nectaire
  - B. Saint Maure de Touraine
  - C. Valençay
  
9. Which of these cheese King Louis XIV commissioned weekly supplies?
  - A. Langres
  - B. Brie-de-Meaux
  - C. Camembert