



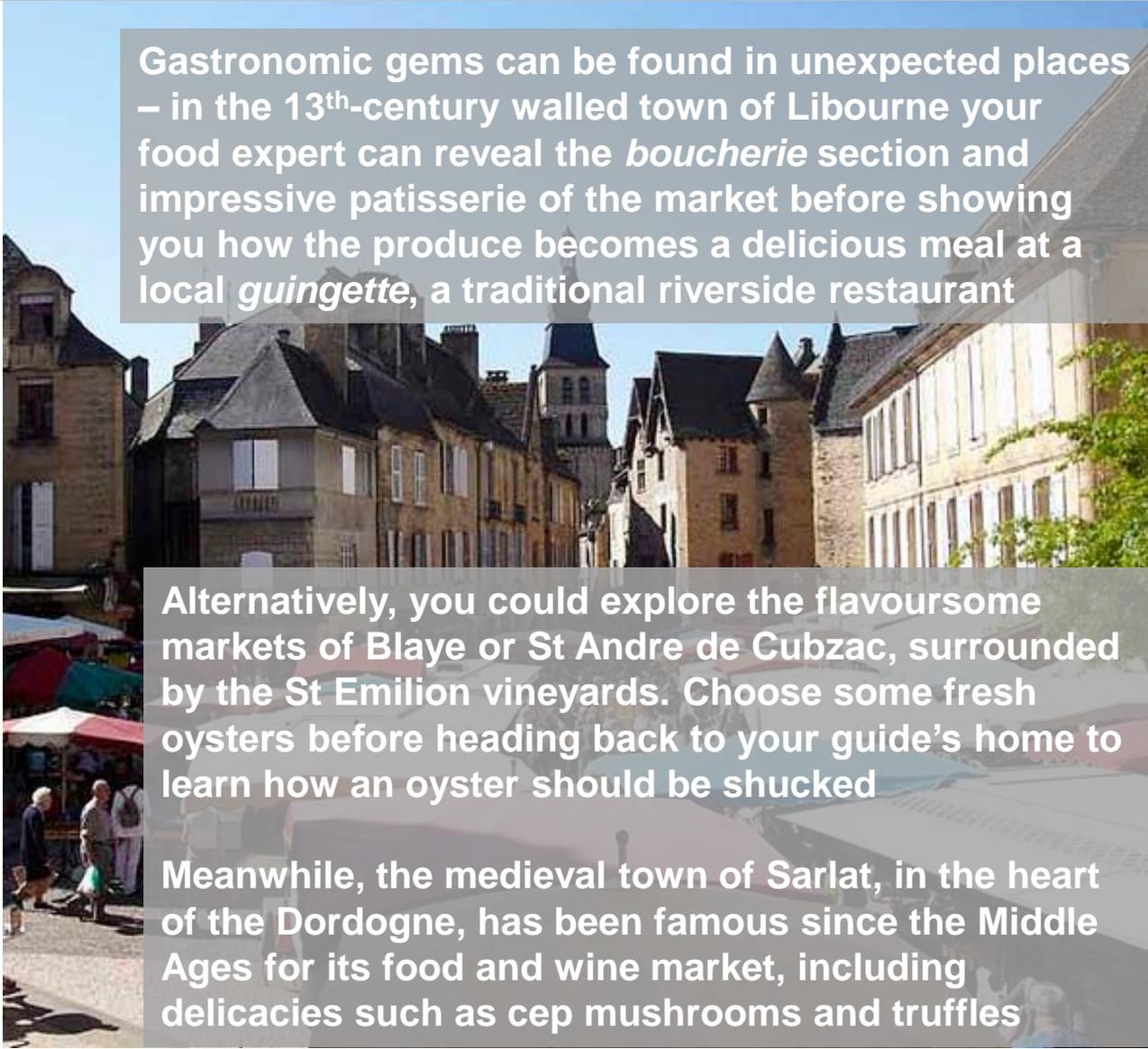
The Markets of Europe

Bordeaux and the Dordogne



The towns and villages of south-west France's Aquitaine region display an admirable range of local food from across the region

Check out the bustling market of Capucin. Known as 'the Belly of Bordeaux', it is worth visiting at the weekend to try some of the selection of traditional cheeses, charcuteries, olives, wines and seafood, before walking it off afterwards in the bohemian St Michel district with its soaring bell tower



Gastronomic gems can be found in unexpected places – in the 13th-century walled town of Libourne your food expert can reveal the *boucherie* section and impressive patisserie of the market before showing you how the produce becomes a delicious meal at a local *guinguette*, a traditional riverside restaurant

Alternatively, you could explore the flavoursome markets of Blaye or St Andre de Cubzac, surrounded by the St Emilion vineyards. Choose some fresh oysters before heading back to your guide's home to learn how an oyster should be shucked

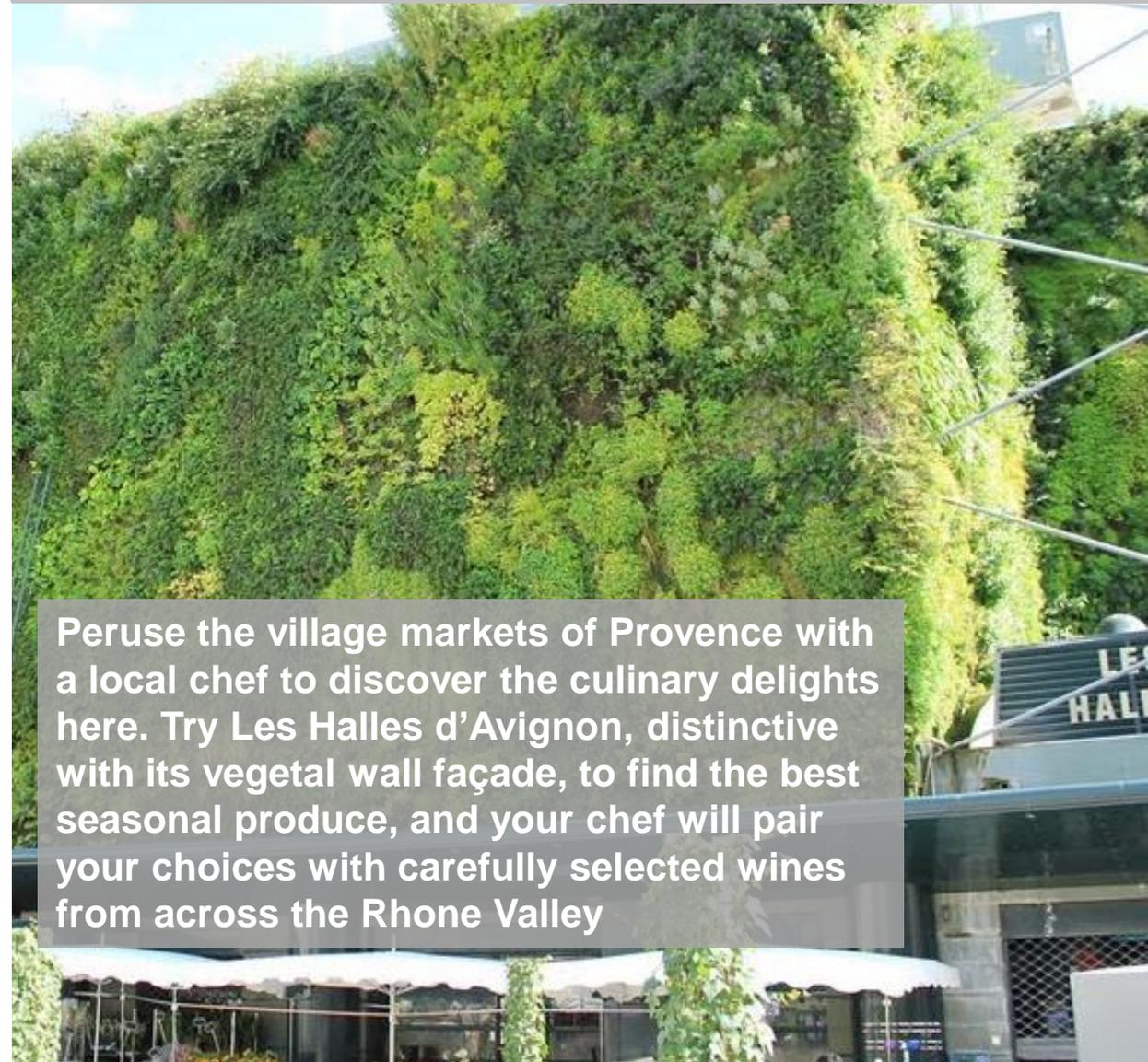
Meanwhile, the medieval town of Sarlat, in the heart of the Dordogne, has been famous since the Middle Ages for its food and wine market, including delicacies such as cep mushrooms and truffles

Provence and the French Riviera



The Riviera's sprawling ports are also home to the freshest Mediterranean seafood. First pick up some sumptuous treats at Marseille's famed Old Port Fish Market. At this vibrant market you can get the catch of the day fresh off the boat, before stocking up at the farmers' market and enjoying it all at the home of a Marseillaise chef

To get a real feel of Nice's unique cuisine, it's best to get away from the crowds in the city centre – hop on an electric bike and go and try the *socca* (chickpea-flour pancake), *pissaladiere* (onion tart) and *petits farcis* (meat-stuffed vegetables). Most tourists are more familiar with the Flower Market but the locals go to the Liberation Market and you'll find that this both makes prices cheaper and gives you a wider range to choose from



Peruse the village markets of Provence with a local chef to discover the culinary delights here. Try Les Halles d'Avignon, distinctive with its vegetal wall façade, to find the best seasonal produce, and your chef will pair your choices with carefully selected wines from across the Rhone Valley

The Basque Country



With its own distinct language and culture straddling the French and Spanish border, the Basque Country is also proud of its unique cuisine. In its largest city, Bilbao, the Ribera Market is filled with produce of every kind from its riverside location. The huge art deco windows allow sunlight to flood into Europe's largest covered market as locals enjoy the pintxo snacks and food stalls inside



The market in Ordizia has been held since 1512 and is the benchmark for freshly harvested produce from the *baserritarras* (traditional Basque farmers). Shepherds sell the popular *idiazabal*, a hard white cheese made from the milk of sheep indigenous to this region – 300,000kg of it are sold from Ordizia every year!

Combine a market tour of Ordizia with a special trip to a nearby 3 Michelin star restaurant. The chef has earned an incredible 8 Michelin stars across all his restaurants and gives you a unique look round his kitchen to show you the ins and outs of world-class cuisine

Andalusia



Jerez de la Frontera boasts a charming old town, dating back to Moorish times, and the Abastos Market can be found right in the centre in an impressive period building with high ceilings and a buzzing atmosphere

Seafood is the top feature here, with a fine supply of prawns, sea urchins and bluefin tuna, though seasonal goodies include snails and asparagus. Make sure to combine this with a trip to a local sherry bodega – Jerez is the international capital of this wine and you won't find better quality elsewhere

Lisbon

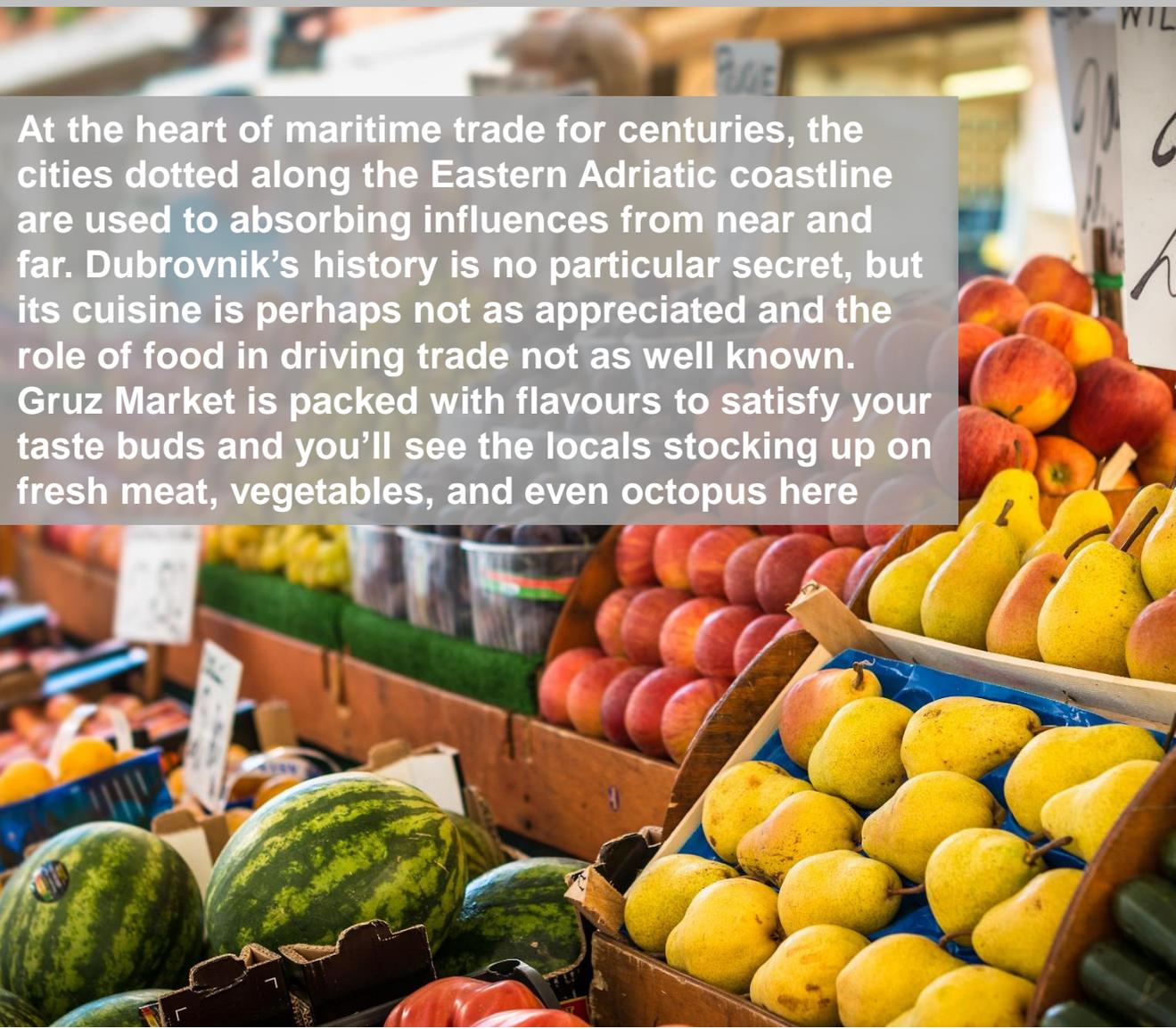
Turn a trip to Lisbon's Ribeira Market into an extended gastronomic adventure with a local expert. Head out in the early evening and kick things off with an aperitif at By The Wine before moving on to the market itself. Under the large oriental dome you find Portugal's finest cheeses and smoked hams at the wonderful Manteigaria Silva, followed by a selection of *petiscos* – small portions of traditional Portuguese food from the large array of top Lisbon restaurants represented here



Afterwards try some exquisite dishes at Casa De Pasto before continuing up the hill to the beautiful Opera House. Enjoy the exclusive opportunity of a dessert created by one of the country's leading chefs and finish off with a digestive glass of port wine

The Adriatic Coast

At the heart of maritime trade for centuries, the cities dotted along the Eastern Adriatic coastline are used to absorbing influences from near and far. Dubrovnik's history is no particular secret, but its cuisine is perhaps not as appreciated and the role of food in driving trade not as well known. Gruz Market is packed with flavours to satisfy your taste buds and you'll see the locals stocking up on fresh meat, vegetables, and even octopus here



Further up the coast, Split spreads its various markets across the charming squares of its city centre. Discover the insider stories while mingling with local producers – a chef can help you pick the best purchases from Peškarija (for fresh fish), Mesnica (meat) and Pazar (vegetables) to create a mouth-watering dish to be appreciated against the backdrop of the surrounding islands



MOSCOW



The vast Danilovsky farmers' market covers almost an entire city block, and has been Moscow's main market since the Soviet era. Peruse the fresh-produce stalls, take in its bustling atmosphere and array of delicious smells and colours

Tantalise your taste buds with samples of homemade bread, local cheeses and honey straight from the hive, whilst admiring the beautifully presented displays of spices, fresh fish and eclectic mix of foods from the many nations and regions that make up Russia and the former Soviet states (the Dagestani *chudu* pastry comes highly recommended)

If you go along with a local food blogger you can also be introduced to the hidden eateries preferred by Muscovites to discover the likes of *pelmeni* (a minced meat filling wrapped in thin dough) and *blini* (a pancake that is often served with sour cream and caviar)